How

to care for your freezer
. . . to prepare food for freezing
. . . to freeze and store foods
. . to thaw and prepare foods for the table

COLDSPOT freezers

SEARS, ROEBUCK and CO.

Meats

Steaks, chops, roasts . . of domestic or game animals . . all keep well in frozen storage. Fine quality meat even improves in texture by freezing.

Sears Home Economics Laboratory

Jean Shaw

A Coldspot Freezer Means Better Living for Your Family

I am happy to welcome you to the rapidly growing group of Coldspot Freezer enthusiasts! Your new Coldspot Freezer opens the door to better living for you and your family — with greater convenience, security and economy. It has been planned from your point of view; developed with your needs as a homemaker in mind.

Here in our laboratory and kitchens, ever since Sears offered its first Coldspot Freezer in 1939 — we have been experimenting and performing research work to develop and improve methods of freezing and storing foods. Our most successful results are presented to you in this manual, together with other methods that have been proved by leading universities and experimental stations, commercial frozen food processors, and by many owners of earlier Coldspot Freezers.

I know you will find it quick, easy and pleasant to preserve fresh foods by freezing. You will be gratified by the enthusiasm of your family at the table. Soon you will wonder how you ever met the daily food problem without your Coldspot Freezer.

Jean Shaw

DIRECTOR, HOME ECONOMICS LABORATORY
Dept. 817, SEARS, ROEBUCK AND CO.
CHICAGO 7, ILLINOIS

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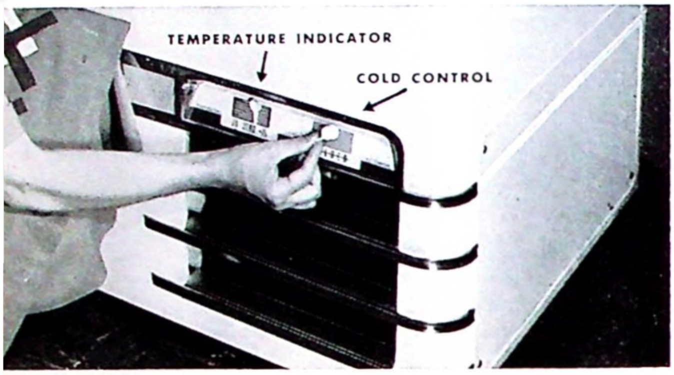
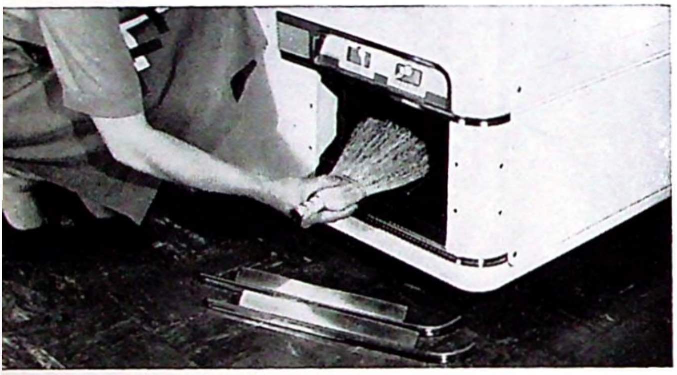
How to Operate and Care

Your Coldspot Freezer is designed for freezing and storing properly wrapped or packaged foods. It is equipped with a refrigeration unit having capacity for maintaining the correct storage temperature of zero when operating in temperatures up to 120° F. It has capacity to freeze normal food loads properly when operating in temperatures of 90° F. or less. The instructions given in this book represent many years of experience in freezing and storing foods and also are in agreement with scientific studies conducted by leading universities.





Defrosting

If foods are properly wrapped and sealed the freezer will rarely need defrosting. Frost should be removed before it is ½ inch thick. Move packages from side walls; remove frost with frost scraper. (See page 35) If desired, you may disconnect freezer once each year, allowing it to warm up, and thereby removing all frost. Do this when freezer contents are low . . . wrap in blanket while out of freezer.

Adjusting the Cold Control

Adjust the cold control for zero temperature. The control knob is moved to the right for warmer, and to the left for colder temperature. Adjustment to a colder setting may be necessary in warm weather.

Temperature Indicator

The temperature indicator shows the temperature inside the freezer. Adjust the cold control to keep pointer above the zero zone (two white dots above the word zero). When warm food is placed in the cabinet for freezing, the indicator will move to warm zone until food is frozen.

Cleaning the Condenser

The condenser is the finned tubing just back of the grill bars, and must be kept free of accumulations of lint and dust for most efficient operation. The grill bars are removable by pulling them off the cabinet to which they are attached by clips. Clean with a vacuum cleaner, whisk broom, or stiff brush. (See Installation Book, Par. 22A).

Cleaning and Care of the Finish

The exterior of the freezer and interior door panel are finished in baked synthetic enamel. Use Maid of Honor Refrigerator Cleaner and Polish, or a good automobile polish on these surfaces. The interior is porcelain enamel and should rarely require cleaning. Do not allow fruit juices to remain on the finish since they will etch porcelain and discolor enamel. If the freezer is taken out of service, wash the interior with a detergent such as Vel, Tide, or Dreft, and allow it to air for a day or two.

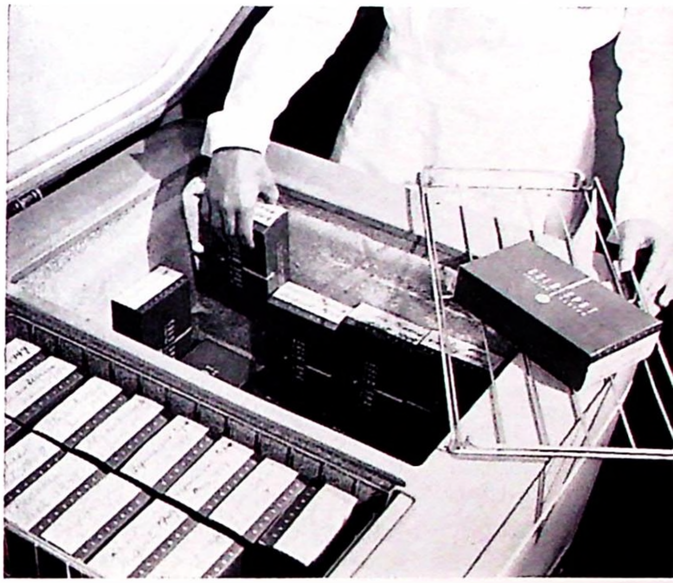
for your Freezer

Storing and Freezing Temperatures

At one time there was an erroneous belief that food must be frozen at temperatures far below zero to retain their food value and texture. It has now been thoroughly proved by experiments of universities, laboratories, U. S. Department of Agriculture, and thousands of freezer owners that foods frozen and stored at zero retain all of their food value and texture.

Freezing Food in the Coldspot Freezer

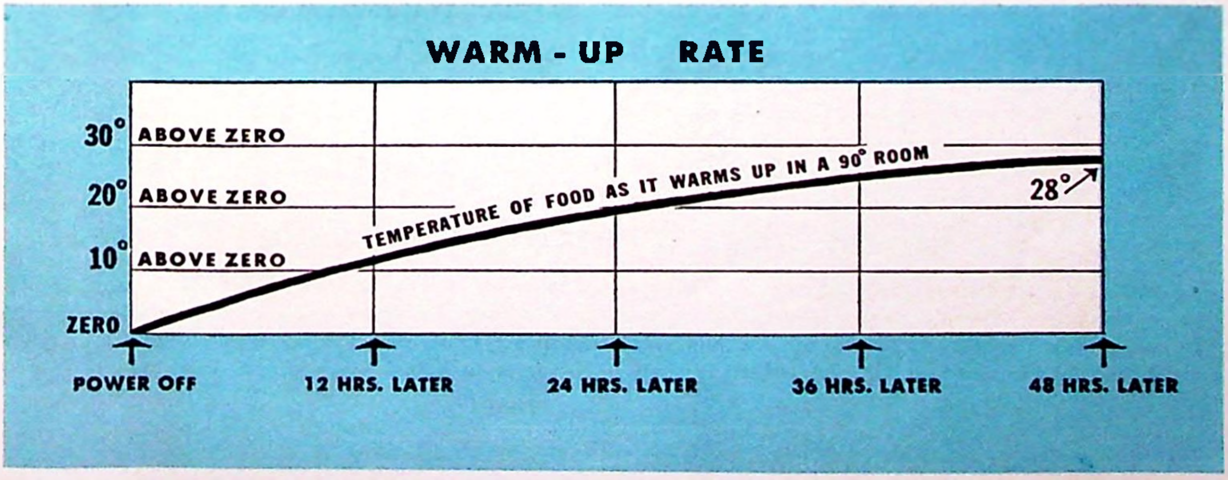
The refrigeration unit has capacity to freeze normal loads when outside temperatures are below 90° F. When temperatures are above 90° F., only small amounts should be frozen. Place foods to be frozen in freezer compartment in contact with sides, end, and bottom surfaces. If all packages cannot be placed in contact with freezing surfaces, rotate inside and outside packages after 4 hours freezing. For loads larger than can be placed in freezer compartment, place packages in contact with outside walls in storage section.



Care of Food During Power Failure

If, from power or other failure, refrigeration stops and the freezer begins to warm up, leave the door of the freezer closed. Then no loss or damage can result for at least 48 hours in hot rooms, or about twice that long in cool rooms. If operation cannot be restored within this time, dry ice may be used to keep the temperature down. (See Installation Book, Paragraph 46), or arrangements made to transfer the food to another freezer or locker plant. As long as the food has not warmed up above 50°, it may be refrozen and used.

If freezer is to be located in a remote area where it cannot be observed frequently, a freezer alarm device should be installed to notify you of power or mechanical failure. (See page 35)



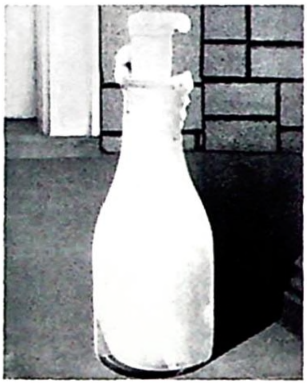
SEE PAGES 8, 9, 10 AND 35 FOR FREEZER PACKAGING MATERIALS AND ACCESSORIES

COLDSPOT freezers

Make the Most of your Freezer in Terms of Better Living and Economy

Good living means good eating, and plenty of it. Your freezer is a great aid toward this end — and at the same time it takes the drudgery out of food preparation.

The first thing to remember is that your freezer is not a substitute for your refrigerator. It is a supplement to it. Your freezer can do things your refrigerator can't. And your refrigerator can do things your freezer can't. You need both for easy, efficient, and economical food preparation and storage.



Milk and other beverages will freeze solid when placed in a freezer. (See page 25 for freezing dairy products.)

Foods to be held only up to a week or so may be safely kept in the refrigerator at 40 to 45 degrees. Also, the refrigerator should be used for milk and beverages for cooling.

But your freezer holds foods for months. It preserves — takes the place of canning, pickling, and other preservation methods — and does it quicker, easier, and better. Furthermore, the freezer saves foods that can be preserved in no other way, such as your cooked dishes, breads and pastries, and meal left-overs.

Store a Wide Variety of Foods

There are over 350 products that can be successfully frozen. Plan to have a large variety stored in your freezer. Freeze the products suggested in this book. Experiment with new foods of your own. Except for bottled liquids and shell eggs, which will expand and break if frozen, practically all foods may be successfully preserved by freezing. The greater variety of foods you store, the more enjoyment you will obtain.

Shop to Save on Food Purchased

Your freezer can soon save you its cost if you plan your buying. Buy a year's supply of fruits and vegetables when they are in season, plentiful, and at low prices. Buy frozen foods from your locker plant or dealer in case lots at a discount. Buy your meats by the half or quarter carcass at a savings. Buy direct from growers or raisers and process at home. With thoughtful planning, you can save over $100 per year.

Plan Your Freezing Schedule

By planning your freezer program, you may have a complete variety of foods at all seasons of the year. Do not store a larger quantity of any item than your family will use in one year. Products that are available at all seasons can be stored in less quantity. For example: fruits and vegetables can be stored in spring or summer. Meats may be stored in fall or winter to help balance your freezer load.

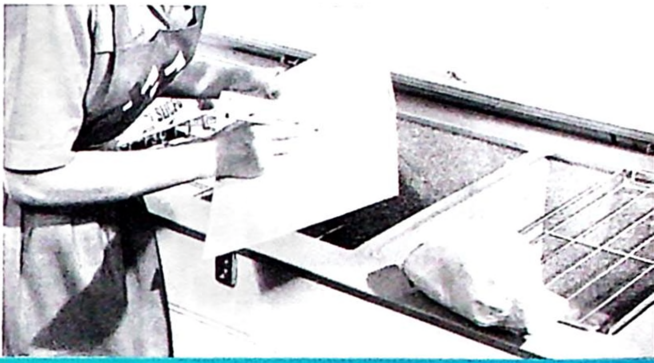
Suggestions for the Use of Storage Equipment

Coldspot Freezers are equipped either with an adjustable wire separator or with sliding baskets, dividers, separators and sliding tray. The equipment varies with the model freezer you purchase.

You may arrange this equipment to form food compartments for your storage needs. By following the suggestions given on this page, it will be easy for you to store, find, and remove food from your freezer.

Use of Inventory Record

The use of the record card will give you a perpetual inventory of the contents of your freezer. By posting this record each time food is put in or taken out of the freezer, it will show at a glance, quantities and varieties on hand.

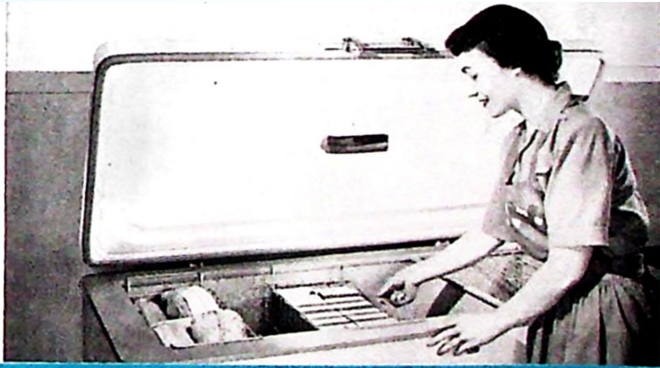


Use of Sliding Tray

The sliding tray may be used to carry foods to and from the freezer. It also provides a handy shelf on which to lay packages when getting food out of the freezer. It is usually stored over the freezing section.

Use of Sliding Baskets

The basket forms one of the food compartments of the freezer. It is an ideal storage space for items such as baked goods, cooked foods, left-overs, prepared lunches, and irregular shaped packages. By sliding the baskets across the freezer, the foods stored in the bottom compartments are easily accessible.



Use of Separators and Dividers

The adjustable separators and dividers may be arranged to provide a separate compartment for each product. Fruits may be stored in one compartment, vegetables in another, etc. Separators and dividers hold the cartons neatly stacked for space saving and so you can find them easily.

**EXTRA BASKETS, DIVIDERS AND SEPARATORS AVAILABLE...
SEE YOUR PARTS LIST**

Eight Easy
. . . . . with

1. Select Best Varieties

When you freeze vegetables and fruits, some varieties have far better taste, color and texture than others. Often these best varieties differ from those you preferred for canning. Check the list of vegetables and fruits on page 11. Your county agent and state agricultural college also can tell you the best varieties to freeze.

2. Select Good Quality Foods

Freezing preserves the fresh quality of foods, but it will not improve quality. And freezer space is too valuable to waste on poor quality food. So freeze fruits and vegetables at the same stage of ripeness that you like to eat them fresh. Choose best quality meats from healthy, well-finished animals.

3. Make Speed from Garden to Freezer

In freezing, as in canning, rapid handling saves flavor, color and vitamins. For instance, the minute you pick peas and corn, their sugar content starts turning to starch. Prepare all fruits and vegetables quickly to keep their fresh goodness. Of all the ways to preserve food, freezing is the one you can do quickest and with the least fuss.

4. Blanch, Then Chill Vegetables

Blanching, or scalding, keeps the fresh flavor, color and texture of vegetables. It prevents loss of vitamin C. Have the water boiling rapidly before you put in the vegetables. Watch the blanching time carefully. (See page 13.) Overblanching means loss of vitamins and "mushy" food. Underblanching results in poor flavor and color.

OBTAIN A TIME AND LABOR SAVING BLANCHER AT SEARS STORES OR CATALOG

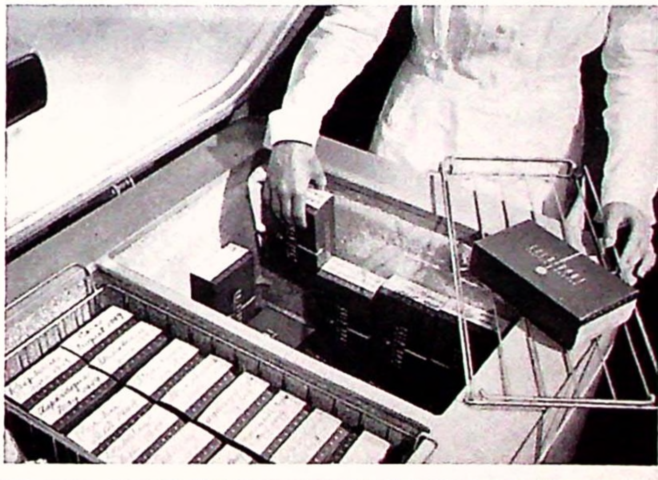
Steps to Success
Your Coldspot

Wrap and Package Carefully 5.

To keep foods at peak of perfection, you need good wrapping and packaging materials. They must be moisture-vapor-proof; that is, keep air out and moisture in. They must mold to the shape of the food. Good packaging also saves freezer space and makes foods easier to store and find. Never use ordinary waxed paper or butcher's paper.

Seal Packages Tightly 6.

Poor package sealing causes "freezer burn". Foods begin to dry out as soon as you put them into your freezer. They lose flavor, color and texture. Also, flavors can interchange between the different packaged foods. To prevent this, make certain that all packages are sealed tightly before freezing them.



Start Freezing at Once 7.

The quicker you freeze fruits and vegetables after picking, the better they will be. Freeze meats as soon as you have chilled and aged them. If some interruption keeps you from freezing foods as soon as you have packaged them, put them in your refrigerator. But freeze the foods as soon as you can.

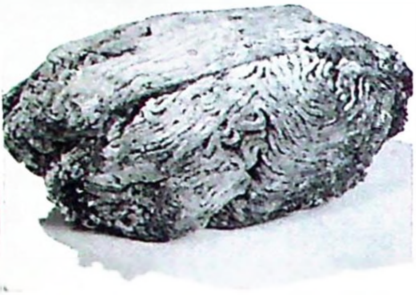
Cook Foods the Best Way 8.

Put vegetables into a small amount of boiling, salted water. Avoid overcooking. Frozen vegetables cook in ½ to ⅓ the time fresh vegetables require. That's because you already have blanched the frozen vegetables. Package just the amount your family can eat at one meal. Thawed vegetables keep only a short time. (Follow the time table on page 30.)

COMPLETE LINE OF UTENSILS FOR FREEZING AND COOKING AT SEARS STORES AND CATALOG

COLDSPOT
freezers

Good Packaging Means Better Food from Your Freezer

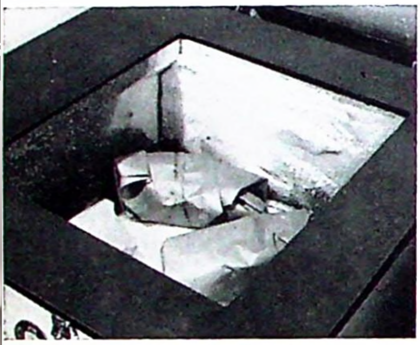


This "freezer burned" hamburger was caused by poor packaging

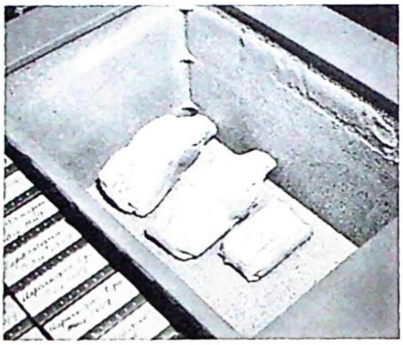
Properly packaged, with good paper, this hamburger will keep moist for months

No "Freezer Burn"

Poor packaging can spoil the good food you put into your Coldspot Freezer. Food will dry out and lose flavor, color and texture. Good packaging materials prevent this so-called "freezer burn".



Poor packaging frosts up the freezer walls, reducing efficiency



There's little frost when good packaging is performed correctly

Less Frost

Good packaging saves time and work in defrosting your freezer. Moisture from the stored foods goes through poor packaging and forms a heavy coating of frost on the freezer walls. However, even with the best packaging, expect a certain amount of frost from moisture in the air.

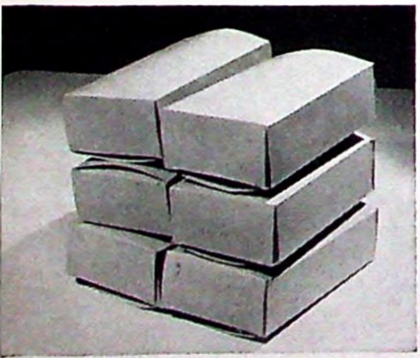
Poor paper . . . careless wrapping makes a loose, ineffective package

Chicken
Sept. 1949

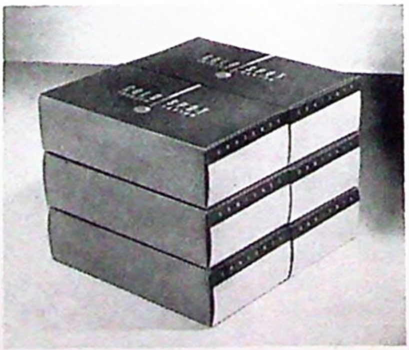
Good paper and wrapping makes a snug fit — keeps food properly

Tighter Wrap

Good wrapping material molds to the shape of the food you are freezing. You can make a good, tight wrap that will keep air out and the food moisture in. This prevents "freezer burn". ("How to Make a Drug Store Wrap", page 17.)



It's difficult to stack weak cartons like these that bulge out



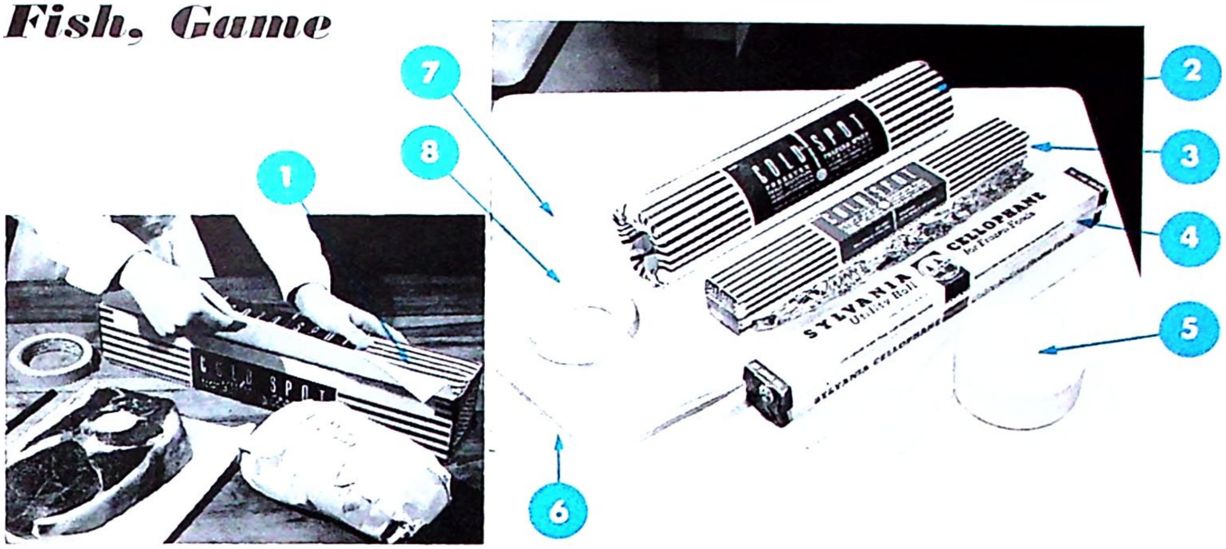
Coldspot Cartons are made strong to stand straight upright and stack well without bulging

No Bulging Cartons

Strong Coldspot Cartons stand straight upright in your freezer. They'll stay that way after the food they contain freezes. Straight-sided cartons stack neatly to take less of your valuable freezer space.

FOR FULL DETAILS AND PRICES OF PACKAGING MATERIALS, SEE SEARS STORES AND CATALOG

Packaging to Use for Meat, Poultry, Fish, Game



1. **COLDSPOT FREEZER WRAP** makes a tight package. This Kraft paper, with sealed-on glassine liner, comes in a handy carton with cutter edge. Freezer Wrap is moisture-vapor-proof, strong and pliable. Seal with Coldspot Tape.

2. **COLDSPOT FREEZTEX FREEZER WRAP** is also Kraft paper. It has a cellophane liner sealed on with special plastic adhesive. Freeztex is moisture-vapor-proof, strong and pliable. Seal with Coldspot Tape.

3. **COLDSPOT ALUMINUM FOIL** fits snugly around irregularly-shaped foods. It is moisture-vapor-proof. Comes in cutter-edge carton. Fold and press to make tight seams; no tape is needed.

4. **COLDSPOT CELLOPHANE** is moisture-vapor-proof. Use it to separate foods such as cuts of meat, as well as for wrapping. Seal with heat or with Coldspot Freezer Tape. Because cellophane punctures easily, protect it with an overwrap of Stockinette.

5. **STOCKINETTE** is stretchy cotton mesh tubing. Use it as a protective outer wrap for cellophane. Knot the ends or tie them with a string.

6. **FREEZTEX BAGS** are moisture-vapor-proof Kraft paper with a sealed-on cellophane liner. Use the 8-quart size for turkeys and the 3-quart size for chickens or roasts. Seal with Coldspot Tape.

7. **POLYETHYLENE BAGS** come in the same sizes as Freeztex Bags. Seal these transparent bags with tape; then you can wash and re-use them indefinitely. Put paper between the bag and the sealer if you use heat.

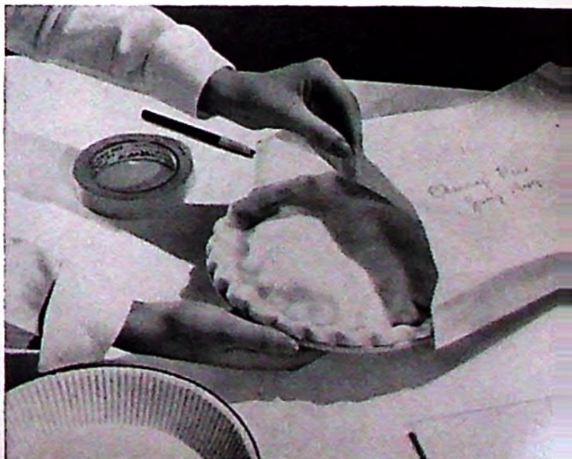
8. **COLDSPOT TAPE** will hold a tight seal on your packages at low temperatures. Use the tape for labeling foods if desired.

Before wrapping any meats, game, fish or poultry, review the suggestions on page 8.

Packaging to Use for Baked Goods

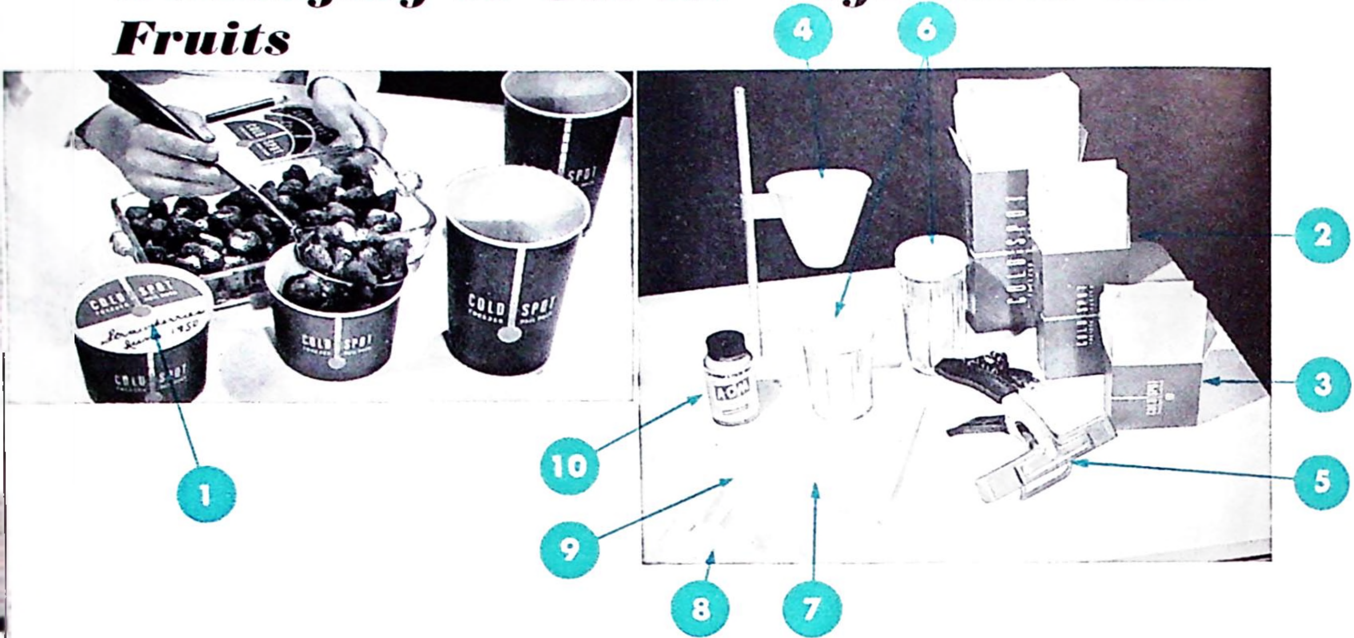
Bake-a-Pie heavy paper plates enable you to bake and freeze pies in the same container. With them you need not tie up your regular glass and metal pie plates for long periods of frozen storage. Use these metal-bound plates without fear of burning or sogginess. They are standard 9-inch size.

In the photograph you see pies wrapped in 3-quart Freeztex Bags and sealed with Coldspot Tape. To wrap baked goods you also can use any other packaging listed under meat, poultry, fish and game.



FOR FULL DETAILS AND PRICES OF PACKAGING MATERIALS, SEE SEARS STORES AND CATALOG

Packaging to Use for Vegetables and Fruits



1. COLDSPOT PAILPACKS have an easy-to-seal, snap-on cover. They are paraffin-coated, strong, leakproof and easy to label. They can be used over and over, simply by purchasing inexpensive lids at Sears stores or catalog. Come in pint and quart sizes.

2. COLDSPOT MARAPAK BAGS are moisture-vapor-proof liners for Coldspot Cartons. Made of plastic-coated Kraft paper, they seal with heat.

3. COLDSPOT CARTONS save space. They come with Marapak bags in pint, quart and 2-quart sizes. They are paraffin coated, strong and lock tightly. You can get new bags at small cost when you re-use the cartons.

4. COLDSPOT CARTON FILLER has an adjustable up and down funnel that holds bags open and cartons straight while filling. Filler fits all size bags and cartons. Speeds bag filling . . . keeps moisture and syrups from getting on bag lip and making it difficult to seal.

5. COLDSPOT BAG SEALER has a corrugated edge that makes an airtight, leakproof heat seal. A stand protects your table top from the hot sealer.

6. BALL FREEZER JARS have a wide, easy-to-fill mouth from which the frozen contents will slide easily . . . merely immerse in lukewarm water for a few moments to loosen the frost seal. They are re-usable time after time, leakproof, easy to fill; show off the beauty of the contents. Lids may be used over and over.

7. FREEZTEX BAGS in 1-quart size will hold corn-on-the-cob and long asparagus and rhubarb stalks. These moisture-vapor-proof bags are made of heavy Kraft paper, lined with cellophane. Best results will be obtained by sealing with Coldspot Tape.

8. POLYETHYLENE BAGS come in the same 1-quart size as Freeztex Bags. Polyethylene is transparent and pliable. You can seal the bags with heat or Coldspot Tape. With tape, you can use the bags again.

9. CELLOPHANE BAGS are moisture-vapor-proof. Seal with heat and use a Stockinette overwrap.

10. ASCORBIC-CITRIC ACID MIXTURE prevents darkening of peaches, apricots, apples, nectarines and other light colored fruit. It is a handy, already mixed combination of ascorbic acid (vitamin C) and citric acid . . . inexpensive to use, for a little goes a long way.

Packaging to Use for Prepared Foods

BALL FREEZER JARS are excellent for freezing prepared foods such as baked beans. One big advantage is that you can see at a glance just what foods they contain. The tapering sides and wide mouths enable the food to slide out easily, once you have immersed the jars in lukewarm water for a few moments to loosen the frost seal.

COLDSPOT PAILPACKS also make excellent containers for prepared foods such as soups, juices, sauces, gravies, beans, chili, spaghetti, Chicken a la King, etc. You'll find them handy to take on picnics, tours, etc. And their low cost permits you to discard them. However, they may be re-used many times merely by purchasing the inexpensive lids.

COLDSPOT CARTONS likewise are excellent containers for prepared foods, and have the added advantage of consuming smaller space in the freezer. May be used over and over by purchasing low cost Marapak Bags.

FOR FULL DETAILS AND PRICES OF PACKAGING MATERIALS, SEE SEARS STORES AND CATALOG

Best Varieties of Fruits and Vegetables to Freeze

Some varieties of vegetables and fruits are better adapted to freezing than others — that is, they retain flavor, color, and texture better — according to the experience of laboratory workers, commercial frozen food processors, and home freezer owners. We give below a partial list of recommended varieties, selected by our Nursery Stock Department because of their adaptability to widespread soil and growing conditions. For additional information about good local freezing varieties, write your State Agricultural College for their frozen foods bulletins.

VEGETABLES

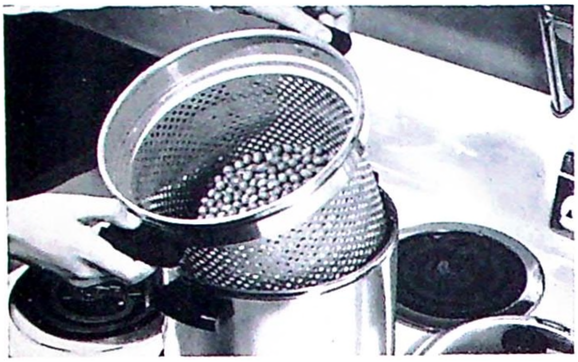
- ARTICHOKES
  - *Good*
    - All varieties
- ASPARAGUS
  - *Excellent*
    - Mary Washington
    - Martha Washington
  - *Very Good*
    - Paradise
- BEANS, GREEN
  - *Excellent*
    - Giant Stringless Green Pod
    - Tendergreen
    - Kentucky Wonder Pole
  - *Very Good*
    - Burpee's Stringless Green Pod
  - *Good*
    - Black Valentine
  - *Fair*
    - Bountiful
- BEANS, GREEN SHELL
  - *Very Good*
    - French Horticultural
    - Lowe's Champion
  - *Fair*
    - Round Pod Kidney Wax
- BEANS, WAX
  - *Fair*
    - Pencil Pod Black Wax
    - Sure Crop
    - Improved Golden
    - Kentucky Wonder Pole
- CAULIFLOWER
  - *Good*
    - Early Snowball
- BEANS, LIMA
  - *Excellent*
    - Fordhook
    - King of the Garden Pole
  - *Very Good*
    - Henderson's Bush
- BEANS, SOY
  - *Excellent*
    - Bansei
  - *Very Good*
    - Emperor
  - *Good*
    - Giant Green
- BEETS
  - *Excellent*
    - Detroit Dark Red
  - *Very Good*
    - Crosby's Egyptian
  - *Good*
    - Early Blood Turnip
- BROCCOLI
  - *Excellent*
    - Calabrese Green Sprouting
- BRUSSELS SPROUTS
  - *Excellent*
    - Half Dwarf Improved
  - *Very Good*
    - Long Island Improved
- CARROTS
  - *Excellent*
    - Nantes Improved Coreless
  - *Fair*
    - Chantenay
    - Danvers Half Long
    - Improved Long Orange
    - Oxheart
- CORN
  - *Excellent*
    - Golden Bantam
    - Golden Cross Bantam
  - *Very Good*
    - Marcross
    - Iona
  - *Good*
    - Top Cross Bantam
  - *Fair*
    - Country Gentleman
    - Stowell's Evergreen
- EGG PLANT
  - *Good*
    - Black Beauty
- KALE
  - *Fair*
    - Dwarf Curled Scotch
- KOHLRABI
  - *Excellent*
    - White Vienna
- MUSHROOMS, Cultivated
  - *Excellent*
    - *Agaricus Campestris*
- MUSTARD
  - *Excellent*
    - Southern Giant
- PEAS
  - *Excellent*
    - Thos. Laxton
  - *Very Good*
    - Little Marvel
  - *Good*
    - Laxton's Progress
    - Telephone Improved
  - *Fair*
    - Alaska
    - Dwarf Telephone
- PEPPERS
  - *Very Good*
    - Ruby King
  - *Good*
    - Cal. Wonder
    - Chinese Giant
- PUMPKINS
  - *Good*
    - Kentucky Field
    - Small Sugar
- RUTABAGA
  - *Excellent*
    - American Purple Top
- SPINACH
  - *Good*
    - Bloomsdale Savoy
    - Giant Thickleaved
- SQUASH, WINTER
  - *Excellent*
    - Green Hubbard
  - *Very Good*
    - Table Queen
- SQUASH, SUMMER
  - *Fair*
    - Yellow Crookneck
    - Zucchini
    - White Bush Scallop
- TURNIP
  - *Excellent*
    - Purple Top White Globe
    - Purple Strap Leaf Seven Top
- SWEET POTATO
  - *Excellent*
    - Puerto Rico
- SWISS CHARD
  - *Very Good*
    - Lucullus

FRUITS

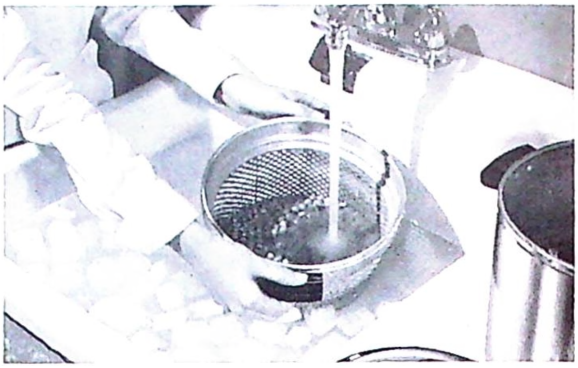
- APPLES
  - *Excellent*
    - Baldwin
    - Jonathan
    - Rome Beauty
    - Grimes Golden
  - *Very Good*
    - Winesap
    - McIntosh
    - Wealthy
    - Prairie Spy
    - Stayman Winesap
  - *Good*
    - Gravenstein
- APRICOTS
  - *Excellent*
    - Tilton
  - *Very Good*
    - Royal
    - Blenheim
  - *Good*
    - Moorpark
- BERRIES
  - *Excellent*
    - Boysenberries
    - Youngberries
  - *Very Good*
    - Eldorado Blackberry
    - Alfred Blackberry
    - Loganberries
- BLUEBERRIES
  - *Excellent*
    - Concord
    - Pioneer
  - *Very Good*
    - Rubel
- CHERRIES, SWEET
  - *Good*
    - Bing
    - Tartarian
- CHERRIES, SOUR
  - *Excellent*
    - Montmorency
    - Royal Duke
    - May Duke
    - Early Richmond
  - *Very Good*
    - English Morello
    - Late Duke
- CRANBERRIES
  - *Excellent*
    - Early Black
    - Howes
    - Perry Red
  - *Very Good*
    - Centennial
- CURRANTS
  - *Excellent*
    - Red Lake
    - Perfection
- FIGS
  - *Excellent*
    - Brown Turkey
    - Celestial
    - Magnolia
    - Mission
  - *Very Good*
    - Kodota
    - Adriatic
- GOOSEBERRIES
  - *Excellent*
    - All varieties
- GRAPES
  - *Good*
    - Muscat Alexandria
    - Thompson Seedless
    - Island Belle
  - *Fair*
    - Concord
    - Lutie
    - Scuppernong
- MELONS
  - *Very Good*
    - Honey Rock
    - Hale's Best
  - *Good*
    - Bender's Surprise
    - Honey Dew
    - Rocky Ford
- PEACHES
  - *Excellent*
    - Hale Haven
    - South Haven
    - J. H. Hale
  - *Very Good*
    - Crawford
    - Georgia Belle
    - Elberta
    - Hiley
    - Vedette
    - Veteran
  - *Good*
    - Rochester
    - Krummel
  - *Fair*
    - Golden Jubilee
- PINEAPPLE
  - *Excellent*
    - All varieties
- PLUMS and PRUNES
  - *Excellent*
    - Italian
  - *Very Good*
    - Damson
    - Stanley
    - Ember
    - Red Wing
    - Sapa
    - Superior
    - Pipestone
  - *Good*
    - Red June
- PEARS
  - *Good*
    - Bartlett
    - Keiffer
    - Buerre Bosc
- RASPBERRIES, BLACK
  - *Excellent*
    - Morrison
  - *Very Good*
    - Cumberland
    - New Logan
- RASPBERRIES, PURPLE
  - *Excellent*
    - Sodus
    - Columbian
- RASPBERRIES, RED
  - *Excellent*
    - Cuthbert
  - *Very Good*
    - Latham
    - Sunrise
  - *Good*
    - St. Regis
- STRAWBERRIES
  - *Excellent*
    - Dunlap
    - Premier
    - Corvallis
    - Blakemore
    - Klondyke
    - Streamliner
  - *Very Good*
    - Rockhill
    - Gem
    - Catskill
    - Marshall
    - Starbright
  - *Good*
    - Dorsett
    - Fairfax
    - Wayzata

BUY CROSS COUNTRY NURSERY STOCK, PLANTS AND SEEDS AT SEARS FOR BIG YIELDS

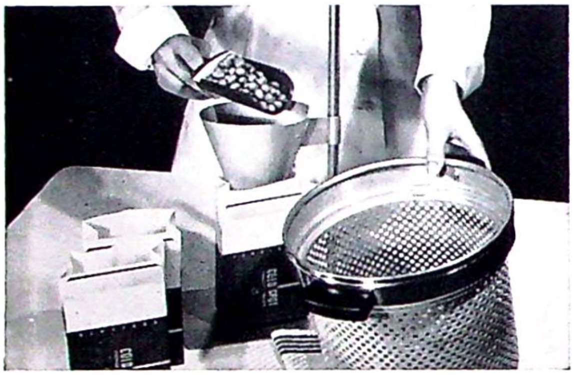
Steps in Preparing Garden Peas



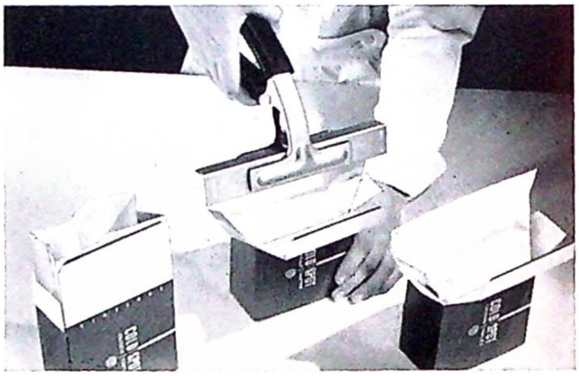
1. BLANCH. This keeps the fresh flavor and color and the vitamin C in vegetables. Have 2 quarts of rapidly boiling water in the blancher. Put in peas a quart at a time. Blanch them 1 minute only after the water returns to a boil.



2. CHILL. Immediately after blanching put the peas in cold water in your sink or in a large, deep pan. For quick chilling, keep the water running and add ice cubes. You can make an extra supply of cubes right in your freezer.



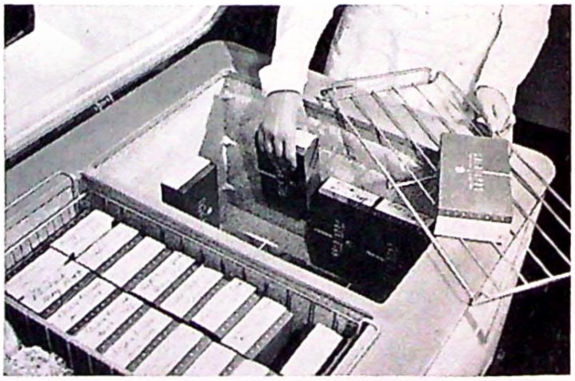
3. PACKAGE. Use Coldspot Cartons with Marapak bags or other leak-proof containers. Leave ¼ to ½ inch room for expansion. The Coldspot Carton Filler holds the top of the bag open and keeps it dry. This will make a tighter seal.



4. SEAL. Allow your Coldspot Sealer to preheat for 10-12 minutes. Force all the air from the bag. Pull out the gussets and make the seal an inch deep. Marapak bags seal in about 5 seconds. Fold down the top of the bag and close the carton.

Peas
June 1949
Peas
June 1949
Peas
COLDSPOT

5. LABEL. Write the contents and the date on each carton. Then you'll know which are the oldest peas and can use them first for good, continuous turnover. Store filled cartons in your refrigerator until you have them all ready to freeze.



6. FREEZE. Place the cartons along the side walls of your freezer. You can freeze foods against the bottom, too, if you have the 9, 14 or 20 cubic foot model. Use the handy tray when you carry packages to and from your freezer.

SAVE TIME...SAVE WORK...ENJOY BEST RESULTS WITH COLDSPOT FREEZING EQUIPMENT

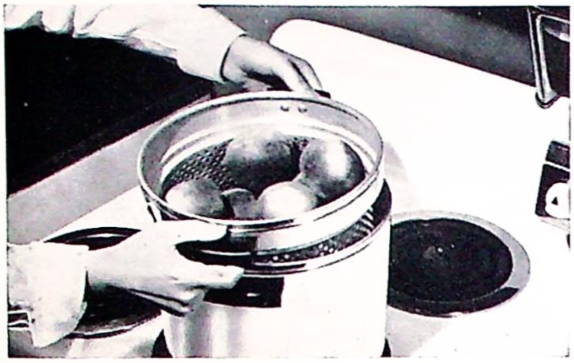
How to Prepare all Vegetables for Freezing

This table gives you the basic information for preparing vegetables for freezing. Follow the simple, easy procedure as outlined for peas on the preceding page, with such changes in scalding time, etc., as shown below. Time the scalding with extreme care. Over-scalding causes loss of food value and creates a "mushy" product, while under-scalding fails to halt the enzyme action and results in poor flavor and color. Always have the water boiling rapidly before adding vegetables. Steam scalding is not a recommended home practice.

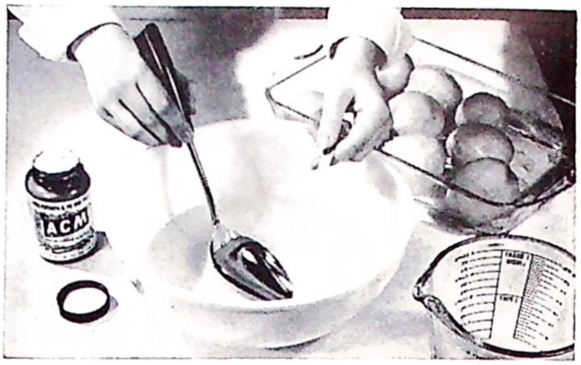
VEGETABLE	SELECTION	PREPARATION	SCALDING (BLANCHING) TIME
ARTICHOKES	Table ready	Cut off top of bud; trim to a cone; wash	8-10 min. in boiling water; chill and drain
ASPARAGUS	Use tender tips	Wash; leave whole or cut	Small stalks 2 min. in boiling water; Large stalks 3 min.; chill and drain
BEANS, GREEN SHELL	Pick before pods dry	Shell, wash	1 min. in boiling water, chill and drain
BEANS, LIMA	Medium size; discard mealy texture beans	Sort according to size	Small beans 1 min. in boiling water; large beans 2½ min.; chill and drain; sort beans after scalding, packaging the white and green separately
BEANS, SNAP	Young, tender, stringless	Cut crosswise, French cut or leave whole	2 min. in boiling water; chill and drain
BEETS	Young, tender	If over 2" diameter, cook until tender; peel and dice. Scald smaller beets	If 1½" diameter, 2½ min. in boiling water; chill and drain
BROCCOLI	Fresh, compact, dark green heads	Immerse ½ hr. in salt solution*; cut into pieces 1 in. diameter or less	3-5 min. in boiling water depending on thickness; chill and drain
BRUSSELS SPROUTS	Dark green firm heads	Cut from stem; wash, inspect for insects	4 min. in boiling water; chill and drain
CARROTS	Fresh, small, young	Wash, scrape and slice	3 min. in boiling water; chill and drain
CAULIFLOWER	Compact, tender, white heads	Cut into pieces about 1 in. thick; sort according to size	Small pieces 3 min. in boiling water; medium pieces 4 min. in boiling water; chill and drain
CORN, CUT	Slightly immature formed kernels with milk thin and sweet	Husk, remove silks, wash and trim; discard starchy ears; cut after scalding	Blanch on the cob 4 min. in boiling water; chill and drain; cut
CORN-ON-COB	Slightly immature formed kernels with milk thin and sweet	Husk, remove silks, trim; discard starchy and immature ears; scald, wrap ears separately and place in carton	1½-1¾" in dia., 6 min. in boiling water; 2" dia., 8 min. in boiling water; chill and drain
EGG PLANT	Mature	Peel, slice ½ in. thick	4 min. in boiling water; cool in citric acid solution (4½ t. per qt. water), then in cold water; drain
KALE	Young, tender leaves	Cut off and discard main stem	70 sec. in boiling water; chill and drain
KOHLRABI	Young and tender	Cut off tops; peel and dice in ½ in. cubes	1 min. in boiling water; chill and drain
MUSHROOMS	Small to medium sized, white, tight caps	Wash, trim, and sort	Small - 3 min. in boiling water; large - 4-5 min. in boiling water; chill and drain
OKRA	Young pods	Wash, slice after scalding if desired	Whole pods of medium size 3 min. in boiling water; larger pods 4-5 min. in boiling water; chill and drain
PARSNIPS	Young	Sliced or diced	3 min. in boiling water; chill and drain
PEAS, GREEN	Young, not starchy	Remove pods	1 min. in boiling water; chill and drain
PEAS, FIELD	Young, tender	Remove pods	1 min. in boiling water; chill and drain
PEPPERS	Crisp, green	Wash; slice or halve	2 min. in boiling water; chill and drain
PIMENTO	Mature	Peel and section pods	2 min. in boiling water
PUMPKIN	Mature	Peel, dice	Pre-cook and puree; cool
RHUBARB	Young, tender, well colored	Cut into 1 in. lengths	1½ min. in boiling water; cool - or - pack without scalding - or - pack in 40 percent syrup (see page 11)
RUTABAGA, TURNIP	Young and tender	Peel, dice	2-3 min. in boiling water
SOY BEANS	Young, green	Pre-cook in the pod 5 min. in boiling water; chill and hull	4 min. in boiling water; chill and drain
SPINACH (Also Mustard, Chard, Beet & Turnip Greens)	Young, tender	Wash thoroughly; discard thick stems	2½ min. in boiling water; chill and drain; use 4 qt. water to 1 lb. spinach or other greens
SQUASH, SUMMER	Tender, before rind hardens	Wash and cut into ½ in. slices	3½ min. in boiling water; chill and drain
SQUASH, WINTER	Well ripened with hard rind	Peel, cut into 1 in. cubes	Cook until soft; mash - or - may be baked in oven; cool before packing
SWEET POTATO	Medium size potatoes	Halve, slice or puree after cooking	Cook in boiling water with skins on until just tender but not mushy; remove skins; cut and cool

* ⅞ cup salt per gallon of water

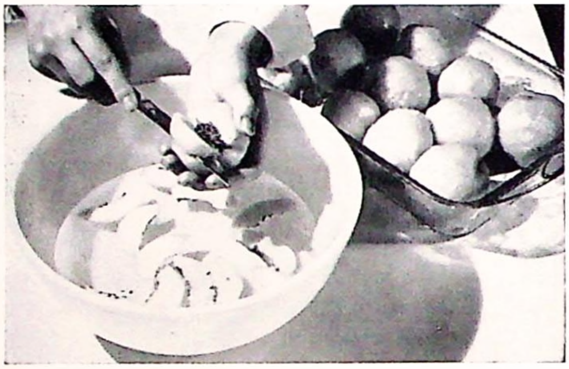
Steps in Preparing Peaches



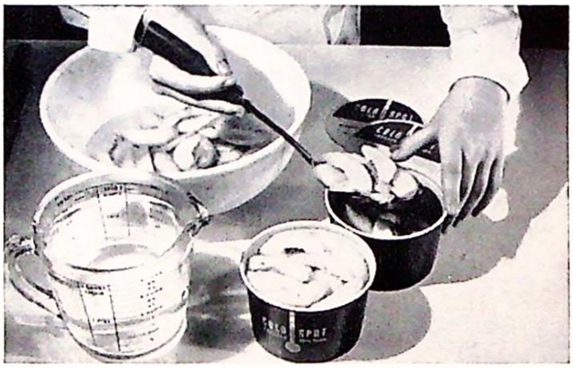
1. SCALD. Have enough rapidly boiling water in the bottom of the blancher to cover the peaches. Scald the fruit 2 minutes or until the skins are loose. Don't over scald. Cool the peaches in cold water. The skins will slip off quickly and easily.



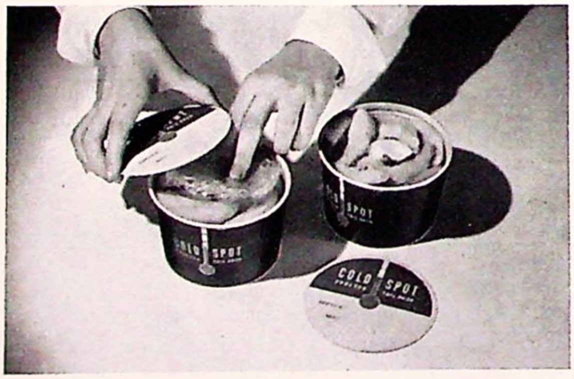
2. MIX SYRUP, ASCORBIC-CITRIC ACID MIXTURE. Make a syrup (see page 15). When you are ready to start putting up the peaches, add 1½ teaspoons of ascorbic-citric acid mixture to each cup of syrup. This will help keep the peaches from turning dark.



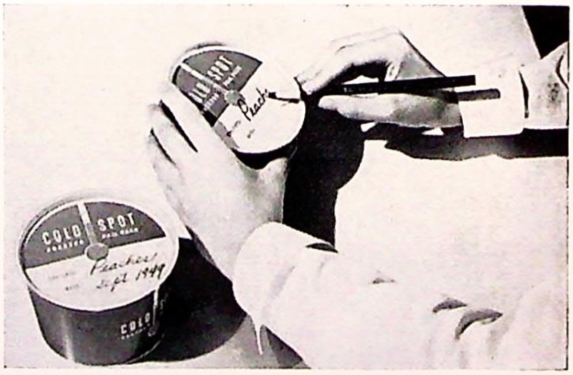
3. SLICE INTO SYRUP. Keeping the peaches covered with syrup helps them to keep their natural color. You can freeze peaches sliced, in quarters or halves.



4. PACKAGE. Use Coldspot Pailpacks or other good leak-proof containers. Fill the pails to within ¼ to ½ inch of the top. This leaves room for expansion. The syrup should cover the peaches to prevent darkening.



5. SNAP ON LID. In order to make doubly certain that the peaches will not darken, crinkle some pieces of cellophane and place on top of the packed fruit. The cellophane will force the peaches down into the syrup. Now snap on the lid.



6. LABEL Write the contents and date on each pail. Put them into your freezer as soon as you can. If anything should delay you, store the cartons in your refrigerator.

COLDSPOT PACKAGING MATERIALS ARE YOUR BEST FROZEN FOODS PROTECTION

How to Prepare all Fruits for Freezing

COLDSPOT freezers

Follow the steps shown for peaches with the variations below for each fruit.
Most fruits freeze better with syrup or dry sugar. For special diets you can freeze unsweetened fruit, but some of the flavor is lost. Note that some fruits need ascorbic-citric acid mixture (ACM) to prevent darkening.

FRUIT	SELECTION	PREPARATION	SUGAR OR SYRUP
APPLE SAUCE	Tart, juicy apples	Quarter and cook slowly until soft; strain	Add sugar to taste
APPLES FOR PIE	Mature, firm	Wash, peel and slice into sugar mixed with 1 tsp. ACM per cup sugar — or syrup containing 3 tsp. ACM per pint syrup	1 cup sugar to 5 cups sliced apples — or cover with 40% syrup
APRICOTS	Firm, well colored, mature fruit	Peel, cut in halves; drop into cold syrup containing 3 tsp. ACM per pint syrup — or into sugar mixed with 1 tsp. ACM per cup sugar	Cover with 40% syrup or add 1 cup sugar to 4-6 cups apricots
BLACKBERRIES BOYSENBERRIES DEWBERRIES	Firm, fully ripened	Wash, sort and handle as little as possible	For dessert — 40-50% syrup; for pie or jam — use 1 lb. dry sugar to 4 lbs. fruit
BLUEBERRIES	Well-ripened large berries	Stem, wash, crush slightly	For dessert — 40-50% syrup; for pies — 1 lb. dry sugar to 4 lbs. berries; mix lightly
CHERRIES, SOUR	Bright, uniformly red cherries	Wash, chill and pit	3 or 4 lbs. cherries to 1 lb. dry sugar; mix lightly
CHERRIES, SWEET	Large cherries; uniform maturity and color	Stem and wash; pit or not, as desired; place in syrup containing 3 tsp. ACM per pint syrup—or in sugar mixed with 1 tsp. ACM per cup sugar	Cover with 40-50% syrup — or add 1 cup sugar to 4-5 cups cherries
CRANBERRIES	Firm berries	Stem and wash	No sugar or syrup needed; may use 50% syrup, if desired
CURRANTS	Firm, even colored	Wash and stem; crush with sugar	3 lbs. currants to 1 lb. dry sugar
FIGS	Ripe figs	Wash, peel, if desired	50% syrup — or — coat with sugar 1 lb. to 4 lbs. figs
GOOSEBERRIES	Firm, even green	Stem and wash; crush slightly	1 lb. dry sugar to 3 lbs. berries
GRAPES	Ripe grapes	Stem and wash	40-50% syrup
MELON	Firm, well-ripened	Peel, cut into ½ in. cubes or balls	1 lb. sugar to 5 lbs. melon — or cover with 40% syrup — or dry pack
NECTARINES	Firm, well colored, mature fruit	Follow directions given for peaches	40% syrup
PEACHES	Firm, well colored, mature fruit	Peel; quarter, halve, or slice into cold syrup containing 3 tsp. ACM per pint of syrup	Cover with 40-50% syrup
PEARS	Firm, mature fruit	Peel, core, quarter or halve into syrup containing 3 tsp. ACM per pint syrup — or sugar mixed with 1 tsp. ACM per cup sugar	Cover with 40% syrup or add 1 cup sugar to 4-6 cups pears
PERSIMMONS	Soft, ripe, non-astringent varieties	Peel; cut in quarters; remove seeds	Cover with 30% syrup
PINEAPPLE	Fully ripe	Peel, core, slice, or cube	Cover with 40% syrup
PLUMS and PRUNES	Mature, well colored fruit	Pit; cut in halves into syrup containing 3 tsp. ACM per pint syrup — or sugar mixed with 1 tsp. ACM per cup sugar. Or puree fruit	Cover with 60% syrup — or add 1 cup sugar to 5 cups fruit
RASPBERRIES	Firm, ripe	Wash in ice-water; avoid unnecessary handling	Cover with 40% syrup — or — pack dry without sugar — or — 1 lb. sugar to 4 lbs. berries slightly crushed
STRAWBERRIES, SLICED	Fully ripe, firm	Prepare immediately: wash, sort, stem, and slice	1 lb. sugar to 3 or 4 lbs. berries
STRAWBERRIES, WHOLE	Fully ripe, firm	Wash, sort, stem	Cover with 40% syrup

How to Prepare Fruit Juices for Freezing

You can freeze the juices of most fruits — citrus fruits, rhubarb and tomatoes. Add ½ cup water per pound to the firmer fruits like apples and pineapples. Simmer, do not boil, until the juice separates from the pulp. Strain the fruit through a cloth bag, add sugar to taste, cool and package. Leave room for expansion. Simmer soft fruits like grapes without water. Strain, add 1 cup sugar per gallon of juice.
Cut tomatoes into small pieces and simmer. Put the pulp through a food mill. Strain, cool, season to taste and package.

How to Make Sugar Syrups

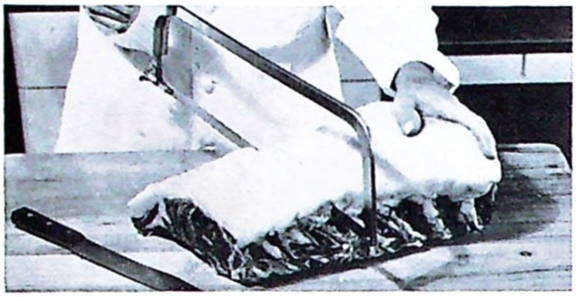
	Percentage of Sugar	Sugar per Qt. Water
Light	30	2 cups
Medium light	40	3 cups
Medium heavy	50	4 cups
Heavy	60	6 cups

Dissolve the sugar in boiling water and cool. Make up syrup ahead of time. Keep it in your refrigerator.

SEE SEARS RETAIL STORE AND CATALOG FOR CROSS COUNTRY FRUITS AND BERRIES

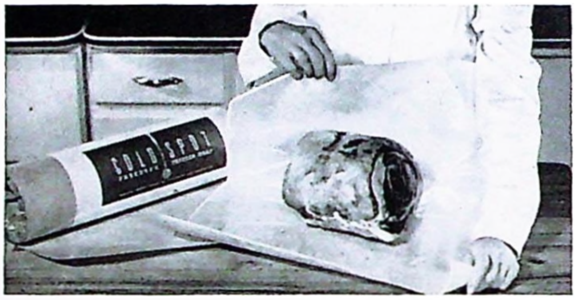
How to Prepare Fresh Meats for Freezing

Beef cutting and wrapping shows the steps in preparing all fresh meat for freezing. Use the same general ideas for pork, lamb and veal. If handling meat is new to you, let your butcher or locker plant operator prepare it.



1. SIZE OF CUTS. Decide the size roasts that your family uses. Then cut meat to that size before you freeze it. Cutting large pieces of frozen meat is almost impossible. Also, you can wrap and store smaller pieces easier, and take less freezer space.

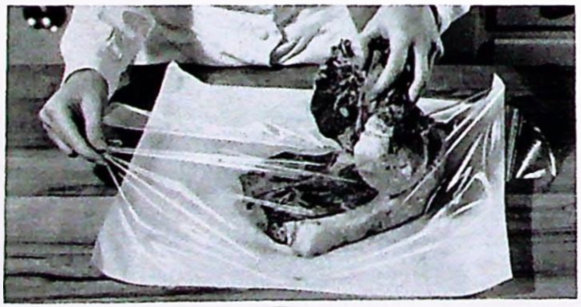
2. BONE AND ROLL. Take out the bones; roll and tie the roasts you freeze. Don't waste good freezer space on inedible bones. Besides, bones often stick out, tear the paper and make tight wrapping difficult. Make up soup stock from bones and freeze.



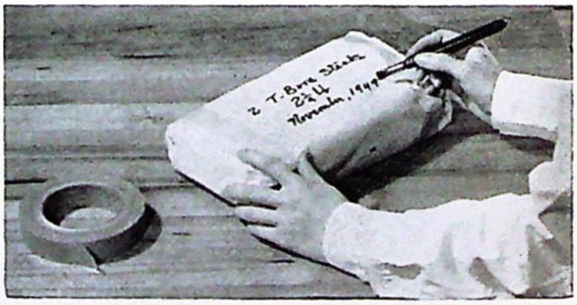
3. WRAPPING. Wrap all meats in Coldspot moisture-vapor-proof packaging. Never use waxed paper or brown wrapping paper. Force air from the package. Air would dry the meat. Use the drug store wrap (page 17) and seal the ends with Coldspot Tape.

COLDSPOT
Hamburger
Patties
Nov. 1949

4. HAMBURGER. *Method 1:* Make into patties. Separate with two sheets of cellophane. Pack in Coldspot Pailpacks or Cartons. *Method 2:* Cube hamburger meat. Freeze it in Pailpacks or Cartons. Thaw and grind the amount you need.



5. STEAKS AND CHOPS. Cut into the thickness you want. Wrap together the number for one meal. Put two sheets of cellophane between the pieces to keep them from freezing together. Keep the pieces flat to save space in your freezer.

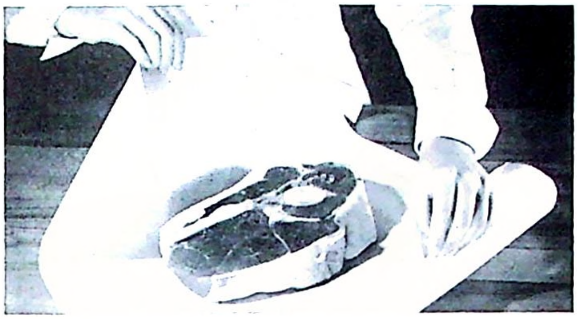


6. LABELING. To help find the cut desired, label each package carefully. Give the kind and cut of meat, the number of pieces in each package, the weight and date. The date helps you to use the oldest packages first for best turnover.

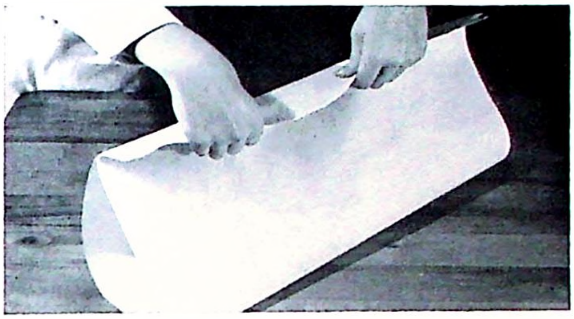
How to Make a Drug Store Wrap

COLDSPOT freezers

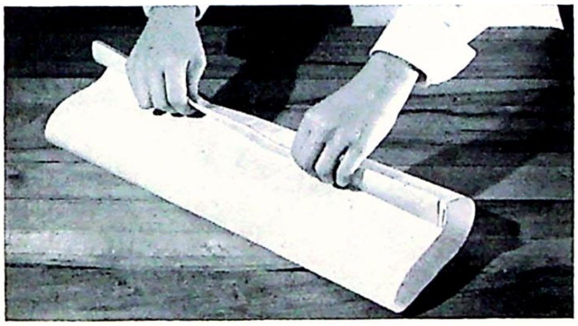
To make a good, air tight package, use the "drug store wrap" with Coldspot sheet packaging — Freezer Wrap, Freeztex, aluminum foil or cellophane. One sheet of these high quality wrappings does the job of several thickness of poor paper. You'll enjoy a finer product at extremely low cost.



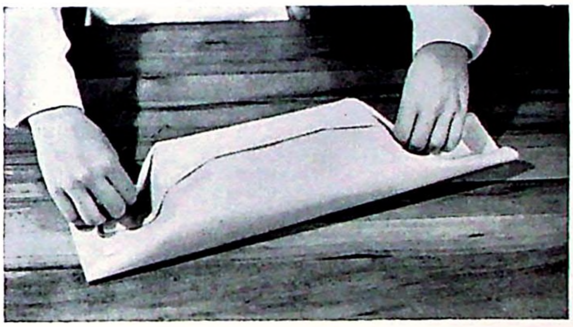
1. PLACE MEAT ON PAPER. Tear off enough paper to go about one and a half times around the meat. When you use Coldspot Freezer Wrap or Freeztex, put the shiny side next to the meat. Lay the meat on the center of the paper . . . have ample paper at sides.



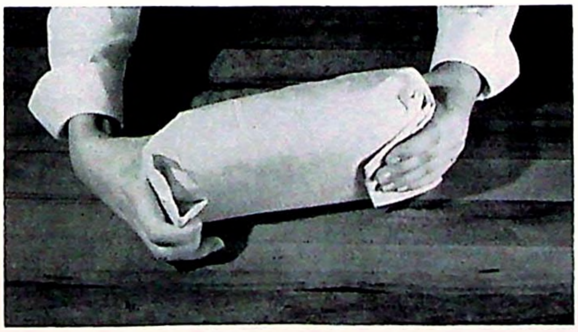
2. BRING ENDS TOGETHER. Start folding the ends of the paper together over the center of the meat. Turn over the edge to make a fold about an inch deep. Run your fingers along the fold to make a good crease.



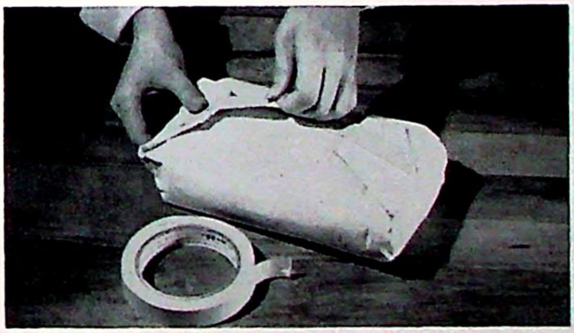
3. FOLD TO MEAT. Keep turning the paper over and crease each fold. The last fold should pull the paper tight around the meat. You want to get all the air out of your package to prevent "freezer burn".



4. FOLD ENDS. Press the paper down close to the sides of the meat. Get out all the air you can to make a tight package. Fold in each of the four corners of the paper. This will make a point at each end.



5. TURN UNDER ENDS. Turn the pointed ends of the paper under the package. Then fold under about an inch at each end of the package. You have made a tight package that will keep the air out and the moisture in . . . moisture-vapor proof.



6. SEAL AND LABEL. Seal Coldspot Freezer Wrap and Freeztex with tape. Seal aluminum foil by pressing it together. Label each package with the kind and amount of meat and the date you put it into your freezer. Now it's ready to go in the freezer.

COLDSPOT "DRUG STORE WRAP" MATERIALS AND SEALING TAPE AT SEARS STORES AND CATALOG

Things to Know When You Prepare Beef

A 750 pound animal, live weight, yields 325–350 pounds of trimmed and boned beef. Freeze meat from top-grade, well-finished animals. Buy only the best.

Before freezing, you must age quarters, halves or whole carcasses of beef 7-10 days at 34-38° F. This improves its flavor and tenderness materially.

Bone to Save Space

This meat has been boned. It will take up only a minimum of space in your freezer.

This meat with the bones left in takes up one-fourth more room than the boned meat at left.

Cut Meat Properly

Most butchers and locker plants will chill, age, cut and bone meat for freezing. If you want to do it yourself, this chart will guide you.

For further information write for Farmer's Bulletin No. 1415, "Beef on the Farm: Slaughtering, Cutting, Curing." Send 5 cents to the U. S. Department of Agriculture, Washington, D. C. You'll also find help in "Cashing In on Beef" from the National Livestock and Meat Board, 407 South Dearborn Street, Chicago 5, Illinois (price 13 cents).

COLD SPOT
COLD SPOT

Cube or Grind Less Tender Cuts

Cubed shanks, brisket, plate, neck and flank stay juicier than ground meat. Use cubed meat in main dishes or thaw and grind it. To avoid "off" flavors, freeze ground meat without salt.

Freeze Variety Meats

To wrap liver, heart, etc., follow instructions on page 16 in order to achieve best results.

How to Cut Up Beef

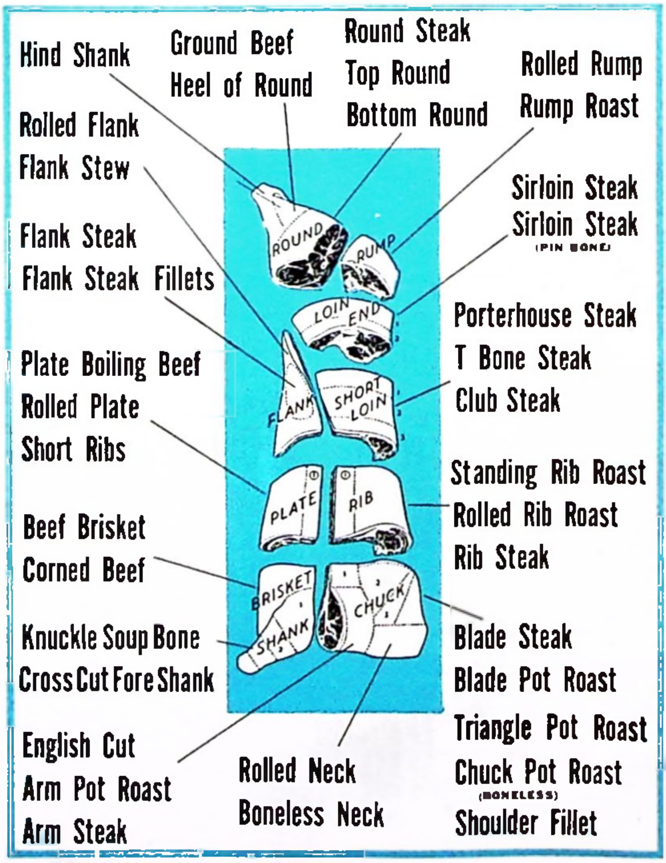

Hind Shank
Ground Beef
Heel of Round
Round Steak
Top Round
Bottom Round
Rolled Rump
Rump Roast
Rolled Flank
Flank Stew
Sirloin Steak
Sirloin Steak (PIN BONE)
Flank Steak
Flank Steak Fillets
Porterhouse Steak
T Bone Steak
Club Steak
Plate Boiling Beef
Rolled Plate
Short Ribs
Standing Rib Roast
Rolled Rib Roast
Rib Steak
Beef Brisket
Corned Beef
Knuckle Soup Bone
Cross Cut Fore Shank
Blade Steak
Blade Pot Roast
Triangle Pot Roast
Chuck Pot Roast (BONELESS)
Shoulder Fillet
English Cut
Arm Pot Roast
Arm Steak
Rolled Neck
Boneless Neck
ROUND
RUMP
LOIN END
FLANK
SHORT LOIN
PLATE
RIB
BRISKET
SHANK
CHUCK

Chart courtesy National Livestock and Meat Board

YOU'LL FIND "HOW TO THAW AND PREPARE MEATS" ON PAGE 32

How to Prepare Pork for Freezing

A 225 pound animal, live weight, yields about 130 pounds of meat and 35 pounds of lard. Select high quality, well finished animals. Chill the carcass 2 days at 34-38° F.

All pork may possibly contain trichinae. For this reason authorities say to cook pork "well done". One additional, most important benefit of freezing is that 3 weeks of zero storage kill any trichinae that may be in the meat; one more benefit you'll gain.

Cut Meat Properly

See your butcher or locker plant if you want expert help in chilling, cutting and boning pork. The chart on this page will guide you in cutting the meat yourself. Your state agricultural college can give you more details if you will write to them.

You also can write for Farmer's Bulletin No. 1186, "Pork on the Farm". Send 10 cents to the U. S. Department of Agriculture, Washington, D. C. You can get the booklet "Cashing In on Pork" for 15 cents from the National Livestock and Meat Board, 407 South Dearborn Street, Chicago 5, Illinois.

Keep a Storage Record

Authorities advise storing frozen pork 6 months or less. Many Coldspot users have kept it longer when they used good packaging and keep the meat at zero F. Your adjustable cold control enables you to do this.

Freeze Sausage without Salt

Trim off as much fat as you can. Sausage keeps better without seasoning. If you do add any, omit salt to prevent "off" flavors. Store seasoned sausage in your freezer only up to 2 months. Package sausage patties same as hamburger. (See page 16.)

Wrap Bacon and Side Meat Well

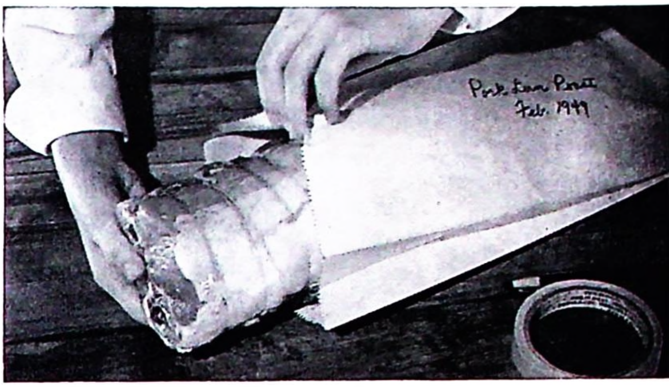
Good wrapping keeps the strong odors from getting into other stored foods. Slice bacon and side meat before you freeze it. Smoked meat keeps well without freezing and you save freezer space.

Put Lard in Pailpacks

Cool lard before you pack it. Freeze at once. Use within 6 months to have it at peak goodness.

Bone Roasts

To save room in your freezer, bone loin and shoulder roasts and fresh hams. Use bones for soup.


Pork Loin Roast
Feb. 1949

Coldspot Laminated Bags are excellent for pork roasts. Seal with Coldspot Tape.

Cut Thick Chops

Chops and fresh ham slices stay more moist for longer periods when you cut them rather thick before freezing.

How to Cut Up Pork

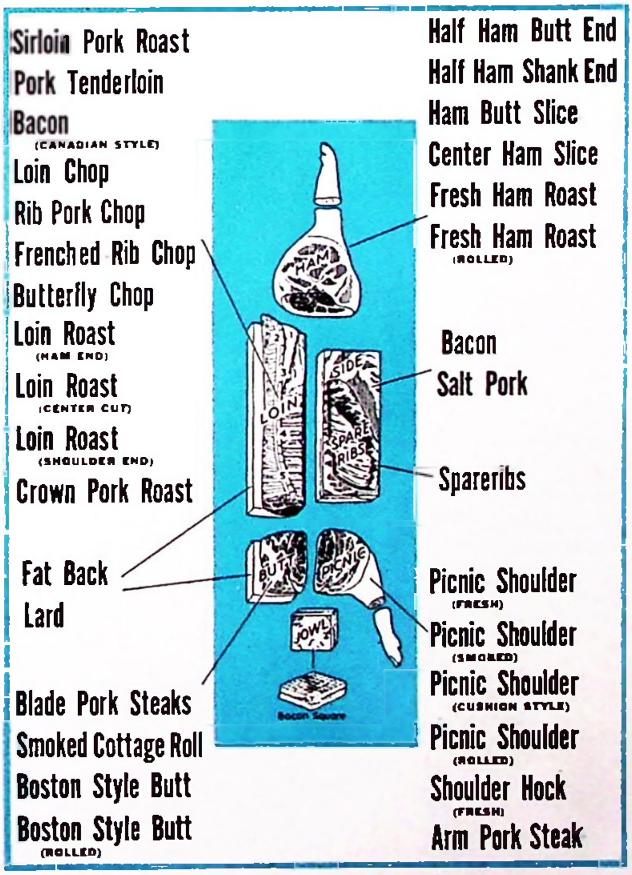

Sirloin Pork Roast
Pork Tenderloin
Bacon (CANADIAN STYLE)
Loin Chop
Rib Pork Chop
Frenched Rib Chop
Butterfly Chop
Loin Roast (HAM END)
Loin Roast (CENTER CUT)
Loin Roast (SHOULDER END)
Crown Pork Roast
Fat Back
Lard
Blade Pork Steaks
Smoked Cottage Roll
Boston Style Butt
Boston Style Butt (ROLLED)
Half Ham Butt End
Half Ham Shank End
Ham Butt Slice
Center Ham Slice
Fresh Ham Roast
Fresh Ham Roast (ROLLED)
Bacon
Salt Pork
Spareribs
Picnic Shoulder (FRESH)
Picnic Shoulder (SMOKED)
Picnic Shoulder (CUSHION STYLE)
Picnic Shoulder (ROLLED)
Shoulder Hock (FRESH)
Arm Pork Steak
HAM
LOIN
SIDE
SPARE RIBS
BUTT
PICNIC
JOWL
Bacon Square

Chart courtesy National Livestock and Meat Board

How to Prepare Lamb for Freezing

A 90 pound lamb, live weight, yields about 35 pounds of edible meat. A well-finished lamb carcass should age from 5-7 days at 34-38° F. This will improve the flavor and make the meat more tender.

Cut Meat Properly

Unless you are an expert in slaughtering, aging and cutting lamb, see your butcher or locker plant. If you want to do the work yourself, the chart on this page will help you.

For more details send 5 cents to the U. S. Department of Agriculture, Washington, D. C., for Farmer's Bulletin No. 1807, "Lamb and Mutton on the Farm". For the booklet "Cashing In on Lamb" send 10 cents to the National Livestock and Meat Board, 407 South Dearborn Street, Chicago 5, Illinois.

How to Cut Up Lamb

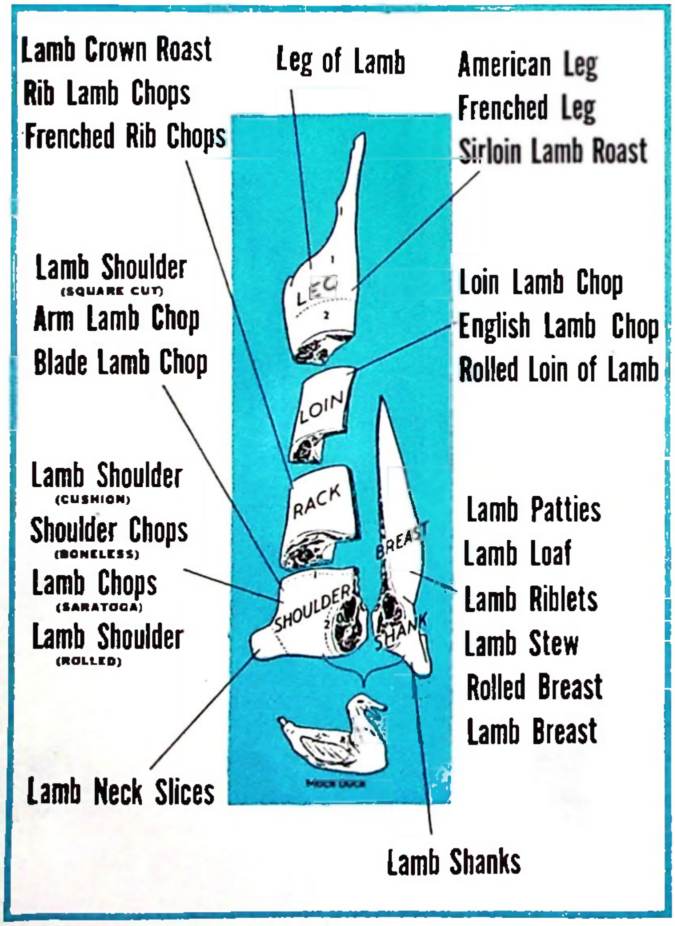

Lamb Crown Roast
Rib Lamb Chops
Frenched Rib Chops
Leg of Lamb
American Leg
Frenched Leg
Sirloin Lamb Roast
Lamb Shoulder (SQUARE CUT)
Arm Lamb Chop
Blade Lamb Chop
Loin Lamb Chop
English Lamb Chop
Rolled Loin of Lamb
LEG
1
2
LOIN
RACK
BREAST
SHOULDER
2
SHANK
Lamb Shoulder (CUSHION)
Shoulder Chops (BONELESS)
Lamb Chops (SARATOGA)
Lamb Shoulder (ROLLED)
Lamb Patties
Lamb Loaf
Lamb Riblets
Lamb Stew
Rolled Breast
Lamb Breast
MOCK DUCK
Lamb Neck Slices
Lamb Shanks

Chart courtesy National Livestock and Meat Board

Trim Roasts

Cut off excess fat to make smooth roasts. You'll find, too, that you can save lots of valuable room in your freezer by boning and rolling roasts. Cut them to the size that your family prefers.

Coldspot Aluminum Foil molds to irregularly shaped pieces and needs no special sealing. You also can use other good moisture-vapor-proof sheet packaging such as Coldspot Freeztex or polyethylene bags. Label with the cut of meat and the date.

Cut Thick Chops

Rib and loin chops keep better if you cut them an inch thick. When you wrap them, put two sheets of cellophane between the chops. This keeps them from freezing together. They'll be easier to separate and will thaw faster.

Package together only enough chops for one meal. Label with the cut and the date.

Grind or Cube Stew Meat

Like many Coldspot Freezer owners, you may prefer to cube meat from breasts, shanks and the neck rather than grind it. The cubed meat stays juicier and tastes better. You can use it in main dishes, stews and casseroles. Or thaw and grind it.

If you do freeze ground lamb, omit salt to keep "off" flavors from developing. Separate patties with two sheets of cellophane.

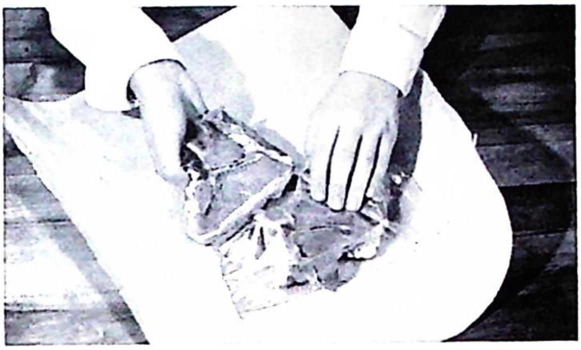
HAVE YOUR LOCKER PLANT OR BUTCHER AGE AND CUT YOUR MEATS

How to Prepare Veal and Game for Freezing

A 200 pound calf, live weight, yields about 90 pounds of edible meat. Chill the carcass 1 to 2 days at 34-38°F. With good packaging you can freeze veal up to a year. But you'll find the flavor and texture better if you eat this meat within 9 months after freezing.

Cut Meat Properly

The chart will guide you in cutting veal yourself. For expert help see your butcher or locker plant operator. The cost of cutting and wrapping is low.



Place two sheets of cellophane between steaks or chops.

Suit Your Family's Needs

Bone, roll and tie roasts the size your family prefers. Wrap together only enough steaks or chops for one meal. Remember to separate them with cellophane. Freeze cubed or ground stew meat in the amounts handiest for you to use.

Use Your Freezer to Store Game

The sportsman comes into his own when he purchases his Coldspot Freezer. Now he no longer must give away that surplus of fish, deer, rabbits, pheasants and other game animals and birds. Instead, he wraps and places them in his freezer where they are stored away safely for long periods of time. The family can enjoy in February the big "Muskie" that Dad caught last Summer, while Dad can renew once again the thrill he obtained from that long battle to land him. And the family can celebrate their first Springtime outdoor picnic with venison steaks from the buck that brother Bill shot last season.

How to Freeze Game

LOOK UP GAME LAWS. Many states have strict laws about the amount of game you can store. You'll also want to know the legal length of time you can keep it on hand. Write your state conservation office for details of these important regulations.

Treat Birds Like Poultry

Follow the steps for poultry when you freeze game birds (see the following two pages). Scald them as soon as you can after killing. Clean, dress and cut the birds. If you can't wrap and freeze them right away, keep them cool in a refrigerator or with ice.

Freeze Small Game Quickly

You should freeze rabbits and other small game animals the same day they are killed. Cool, skin, behead, eviscerate and wash carefully. Cut into pieces ready for cooking and wrap well.

Age Large Game Like Beef

Chill, age and handle venison, moose and other large game carcasses same as beef (see page 16). Cut to family-size pieces, bone and wrap with good Coldspot packaging, such as Freeztex, Aluminum Foil or Cellophane.

How to Cut Up Veal

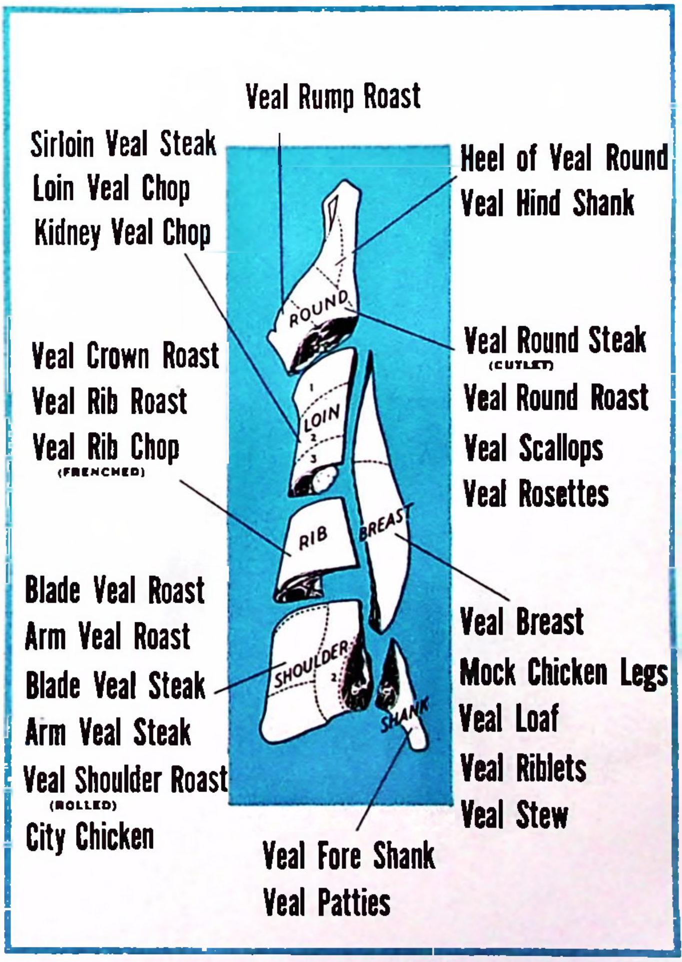

Veal Rump Roast
Sirloin Veal Steak
Loin Veal Chop
Kidney Veal Chop
Heel of Veal Round
Veal Hind Shank
ROUND
Veal Round Steak
(CUTLET)
Veal Round Roast
Veal Scallops
Veal Rosettes
Veal Crown Roast
Veal Rib Roast
Veal Rib Chop
(FRENCHED)
LOIN
1
2
3
RIB
BREAST
Blade Veal Roast
Arm Veal Roast
Blade Veal Steak
Arm Veal Steak
Veal Shoulder Roast
(ROLLED)
City Chicken
SHOULDER
SHANK
Veal Breast
Mock Chicken Legs
Veal Loaf
Veal Riblets
Veal Stew
Veal Fore Shank
Veal Patties

Chart courtesy National Livestock and Meat Board

HIGH QUALITY BUTCHERING TOOLS AT SEARS RETAIL STORES AND BIG CATALOG

You Can Freeze Poultry in Several Ways

Choose high quality birds. Starve them 24 hours. Bleed well to prevent darkening at the bone. Chill drawn birds 12-18 hours before freezing. Freeze giblets in Coldspot Pailpacks. For Farmer's Bulletin No. 1524, "Farm Poultry Raising", send 10 cents to U. S. Department of Agriculture, Washington, D. C.

PREPARING FRYERS FOR FREEZING

1. SEPARATE PIECES. Disjoint. Wrap the pieces separately in cellophane to keep them from freezing together. You can fry chickens weighing up to 3½ pounds. Use this same method to prepare chickens for fricassee and stews.

2. WRAP TOGETHER. Use a sheet of Coldspot Freezer Wrap, aluminum foil, a 2-quart carton or a Coldspot bag. If you prefer, freeze the choice pieces and eat the others at once. Wrap one or two chickens together. Date and give weight.

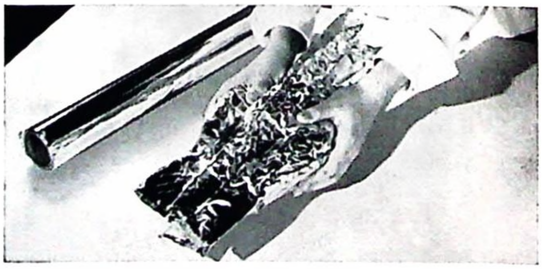
PREPARING BROILERS FOR FREEZING

1. SPLIT IN HALF LENGTHWISE. You'll find chickens weighing 2½ pounds broil the best. You may cut the birds into quarters. Separate the pieces with two sheets of cellophane. This will speed up thawing and make the pieces easier to handle.

2. WRAP PIECES TOGETHER. If you use cellophane, seal with Coldspot Tape and then draw on Stockinette tightly. Insert a label underneath the Stockinette, using Coldspot Tape, and tie the ends. Use any other wrap you prefer, such as Aluminum Foil.

PREPARING ROASTERS FOR FREEZING

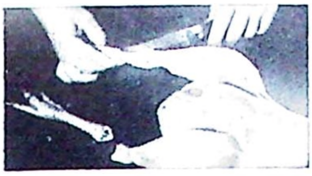
1. LAY CHICKEN ON COLDSPOT ALUMINUM FOIL. For roasting you want good 3½ to 5 pound chickens that average 24 to 28 weeks old. Six to nine pound capons freeze well. Draw legs tightly to the body and tie them. Make a drug store wrap (see page 17).



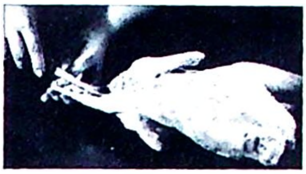
2. PRESS FOIL TO BIRD. Get out all the air pockets. Press the edges of the foil together to make a tight seal. Use a piece of Coldspot Tape for the label. You also may wrap roasters in Coldspot Freezer Wrap or in Freeztex. Many housewives prefer cellophane.

Time-Saving ways to Cut Poultry

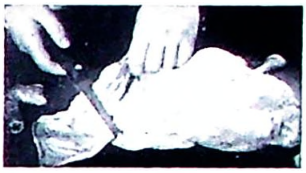
HOW TO DRESS A ROASTING CHICKEN



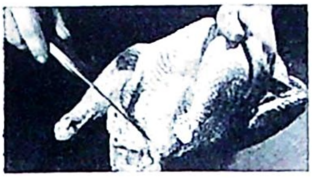
1. With the bird on its back, taut the skin over front of leg joint and cut across joint. At the same time force shank down to dislocate joint. Cut through tendon at back.



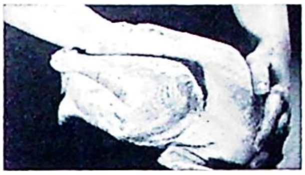
2. Remove oil sac by cutting under sac to backbone and up toward tail. Then cut down center back of neck skin to the shoulder. Free neck skin to shoulder, and cut off neck.



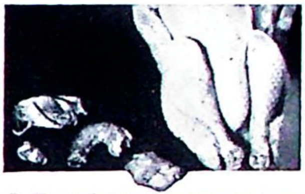
3. Pull out gullet, windpipe and crop as far as possible from cavity. Cut off and discard. Insert fingers into neck opening as far as possible and loosen lungs and heart.



4. Cut abdomen skin in straight line from end of keel to within half inch of vent. Insert forefinger and hook it around intestine next to vent. With other hand cut completely around vent.

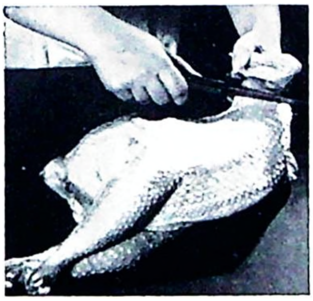


5. Insert hand into opening just made and withdraw all entrails. Cut away heart, liver and gizzard, and set aside. Discard all other entrails. Rinse cavity with cold water or wipe with damp cloth.

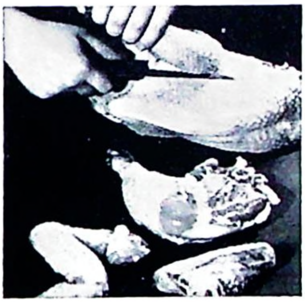


6. From heart, remove sac and blood vessels. Squeeze out blood. From liver, detach gall sac. Do not allow sac to break. Cut one side of gizzard to, but not into, inner sac. Pull gizzard away from sac.

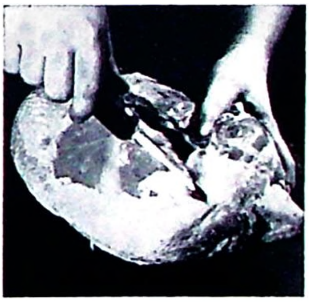
HOW TO CUT UP A FRYING CHICKEN



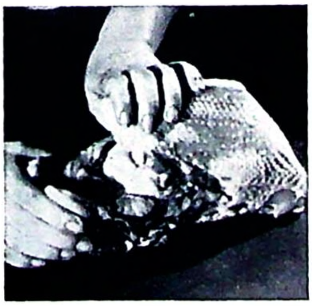
1. Pull wing up taut and slash through skin, flesh and joint. Repeat with other wing. Remove any remaining pin feathers. Fold wing tip back of shoulder joint (see group picture at bottom right).



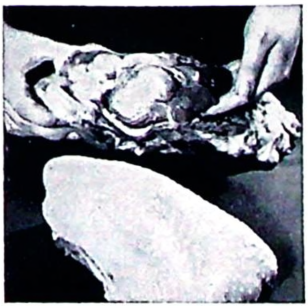
2. Pull leg away from body and make a 3-inch cut. Note how leg and breast meat are separate. Cut skin all around, then part way through joint. Break joint by pressing out and down, and complete cut.



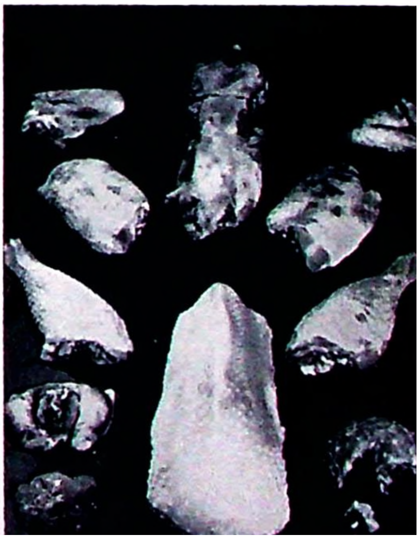
3. Lay bird on side. With two fingers through wing opening, loosen lungs and heart. Cut from wing opening straight through ribs to one inch below vent. Cut other side the same way.



4. Lay bird breast up. Hold tail end down firmly and lift up tip of breast till joint breaks. This divides bird into back and breast. Free vent from back with encircling cut.



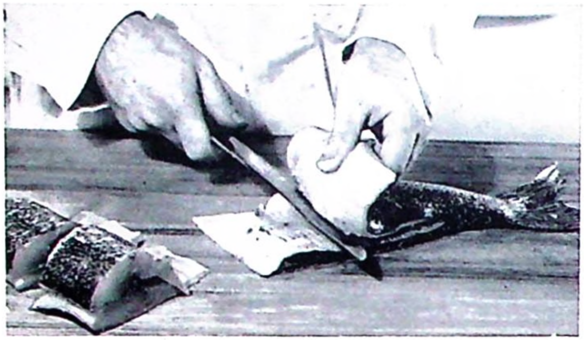
5. Free lungs from ribs. Pull all entrails, including vent, from back. Cut oil sac from tail piece. Clean heart, lungs, and gizzard as noted under roasters, above, item 6.



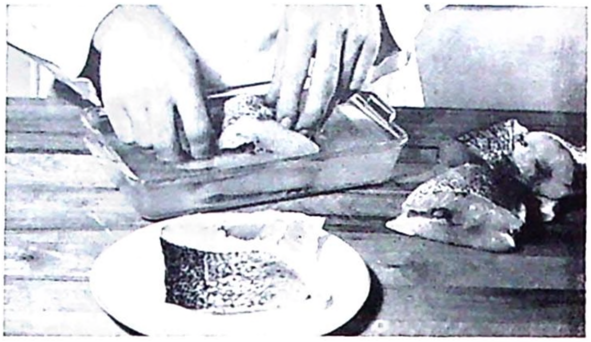
6. The back and breast may be left whole, as shown, or further subdivided. Legs may be left as is, or divided into drumsticks and thighs.

Freezing Fish and Sea Food

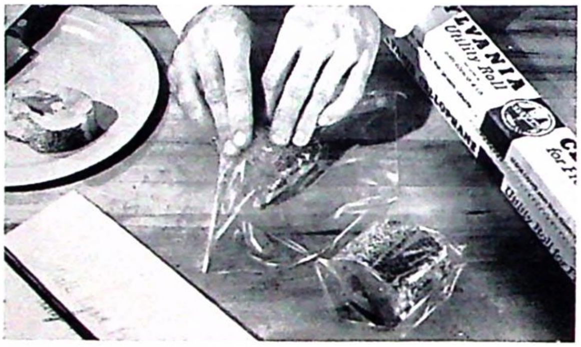
Fishermen find a Coldspot Freezer an ideal place to store their catch. Freeze only strictly fresh fish and sea food. Never let them get warm between the time of catching and freezing. You can keep fish a short time in your refrigerator or on ice. But freeze them as soon as you can.



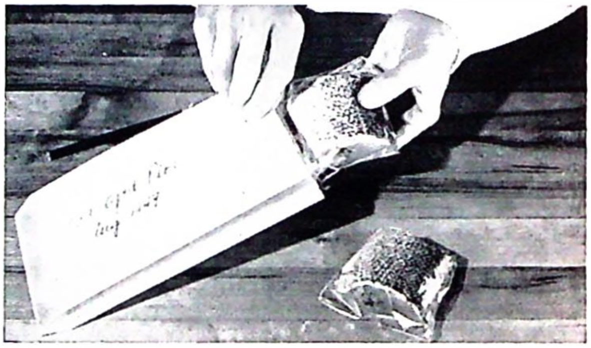
1. CLEAN. Wash and prepare fish like you would for eating. Cut large ones into steaks or fillets. Or you can freeze either large or small fish whole after you behead them and remove the fins, tail, entrails and scales. By all means, freeze as you like them.



2. DIP IN BRINE. Put lean fish — steaks, fillets or whole — into a salt solution (½ cup salt per quart water) for 30 seconds. Do not brine fatty fish like salmon and mackerel. Brining will make the fat turn rancid faster thereby causing wastage.



3. WRAP PIECES. First wrap each piece, fillet or steak, in a sheet of Coldspot Cellophane. This will keep them from freezing together. Then when you want to use the fish, you can separate the pieces easily for faster thawing and easier handling.



4. PACKAGE FISH. Freeze your fish in moisture-vapor-proof material such as Freeztex Bags. You also can use any of the sheet materials — Coldspot Freezer Wrap, Freeztex, Coldspot Aluminum Foil or Coldspot Cellophane and Stockinette. Seal with Coldspot Tape.

Lobsters: Boil live lobsters 20 minutes in salted water. Lay on their backs to cool. Freeze in the shell or pick out edible meat.

Crabs: Clean live crabs. Boil 15 minutes, cool slightly and pick out the meat. Keep body and leg meat separate. Pack in Coldspot Cartons. Cover with brine (4 tablespoons salt per gallon of water). Leave ½ inch room for expansion. You may omit the brine for less than 4 months' storage. Freeze at once.

Shrimp: Separate tails from body. Peel, clean and package raw or cooked in Coldspot Pailpacks or Cartons. Both are effective containers.

Clams: Remove sand under running water or by brushing. Let steamer clams clean themselves in fresh water or brine (½ cup salt per gallon of water). Wash razor clam meat in fresh water.

Open raw clams with a knife or dip them in hot water 3 minutes. Slit the neck and stomach lengthwise and take out all dark material. Drain and pack in Coldspot Cartons or Pailpacks. Leave ½ inch room for expansion. Freeze at once.

Oysters and Scallops: Prepare as for cooking. Wash in brine (2 tablespoons salt per quart of cold water). Pack in Coldspot Cartons or Pailpacks.

COMPLETE FISHERMEN'S NEEDS AT SEARS RETAIL STORES AND BIG CATALOG

Freezing Eggs and Other Dairy Products

Freeze a supply of eggs for cooking when they are plentiful and low-priced. Freeze eggs that are infertile, with uncracked shells, and less than 5 days old. Never freeze eggs in the shell for freezing expands and breaks them.

Whole Eggs

Break eggs one at a time into a cup. Examine each egg carefully. Remove any bits of shell.

To eggs for cakes or other sweet dishes add 1 tablespoon of sugar, corn syrup or honey per pint (10 medium-sized eggs). This keeps the yolks from coagulating. To eggs for scrambling, omelets and souffles add 1 teaspoon salt the same number of eggs as shown above. (10)

Mix whites and yolks together with a fork, but avoid whipping air into them. Pour into each Coldspot Pailpack enough eggs for a certain cake or dish. Leave ½ inch for expansion. Label and date. You can freeze individual eggs in ice cube trays if desired. (See page 35) This method is very convenient for, with the exercise of care, you may remove as many eggs as you wish from time to time without disturbing the balance.

Egg Yolks

To each cup of yolks (about 14 yolks) add 2 tablespoons of sugar, corn syrup or honey or 1 teaspoon of salt. Blend with a fork, but avoid whipping in air. Pack same as whole eggs, above, using Coldspot Pailpacks or placing in ice cube trays (See page 35).

Egg Whites

You can freeze whites without blending or adding sweetening or salt. Whites do not coagulate when frozen. Pack same as whole eggs, above, using Coldspot Pailpacks or, again, placing in convenient ice cube trays (see page 35).

Butter

You can freeze pasteurized butter and store in your freezer for as much as 6 months. Wrap and seal with Coldspot Freezer Wrap and Tape. You will enjoy equally pleasant results with both commercial and home made butter.

Cheese

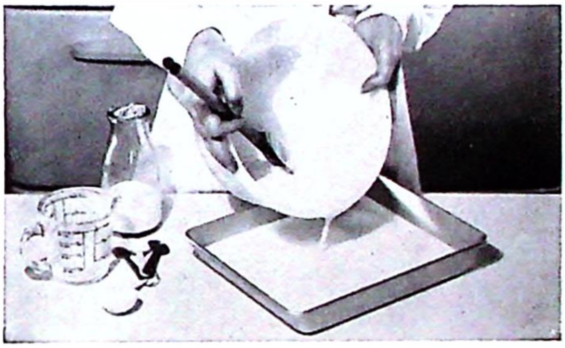
You can freeze and store cottage and cheddar or other semi-hard brick cheese as long as 5 months. Package in amounts of one-half pound or less, determined by the amounts of any given variety of cheese your family normally consumes at one or two sittings.

Cream

Freeze rich cream — at least 40 percent butterfat. Pasteurize at 145° F. for 30 minutes. Cool quickly; package and freeze at once.

White Go
PURE CANE
SUGAR
6 Whole Eggs
June 1949

Ice Cream



All commercial ice creams can be stored in your freezer in their original cartons.

You can also make your own refrigerator ice cream using your favorite recipe. 1. First freeze in ice cube trays or shallow metal pans until mushy.

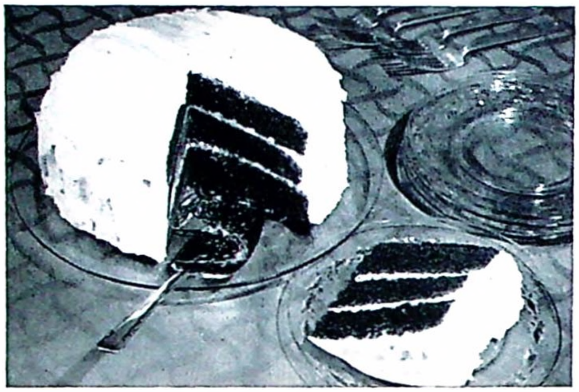
Whip in a chilled bowl with an electric mixer or egg beater until double in volume. 2. Pack in Coldspot Cartons and place into freezer. Or re-freeze in the pan and put into Pailpacks. Store 2-3 months.

COLDSPOT
freezers

Your Freezer will keep Pastries,

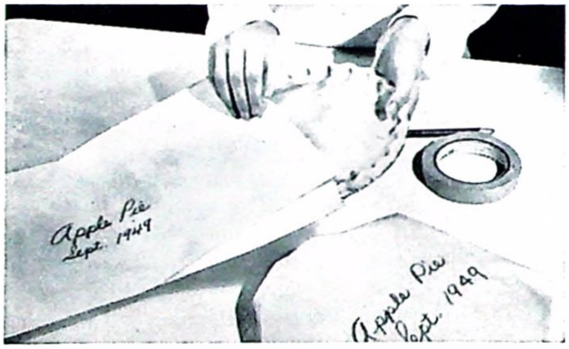
So long as you're baking, you might just as well bake a little extra. Your Coldspot Freezer will keep pastry fresh and handily available up to 4 months, depending on the type. Use your favorite recipes with good ingredients, especially shortening. Pure vanilla will retain flavor better than the imitation kind. No frozen foods you store will give you more pleasure than baked goods.

Baked Cakes



Place unfrosted cakes in Freeztex Bags or wrap in Coldspot Cellophane. Put cakes frosted with powdered sugar or butter cream icing in boxes, then wrap in Coldspot Cellophane. If you have a small family, you may want to eat half a cake fresh and freeze the other half. Thaw the frozen cake before unwrapping it. A large cake will thaw in 3 hours.

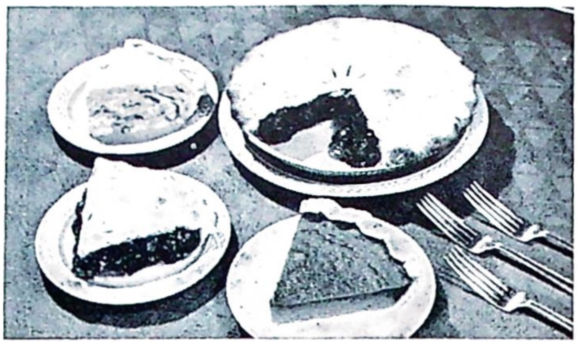
Unbaked Pies



Use good shortening. Make pies in Coldspot Bake-a-Pie Plates. Don't slit the top crust. Wrap in Coldspot Cellophane, Freeztex or Polyethylene Bags. When ready to bake the pies, unwrap them and cut slits in the top crust. Bake frozen pies at 450° F. for 10 minutes. Turn down the oven to 350° F. Bake 10-15 minutes longer than fresh pie.

Baked Pies

Place the cooled pies in Freeztex Bags or wrap in Coldspot Cellophane. Defrosting of pre-baked pies takes 45-50 minutes in a 325-350° F. oven or 20-30 minutes at 425° F. A plate over the pie prevents too much browning. Suit your individual preference.



Cookies

Freeze cookies in bags. You'll find ready-baked cookies handy to have on hand, but unbaked ones take less room in your freezer. When freezing unbaked, separate the rolled and cut dough with cellophane so that the cookies will not become frozen to one another.

Party Novelties

Chocolate peppermint ice cream roll. Bake a chocolate sheet sponge cake ¾-inch thick in a pan

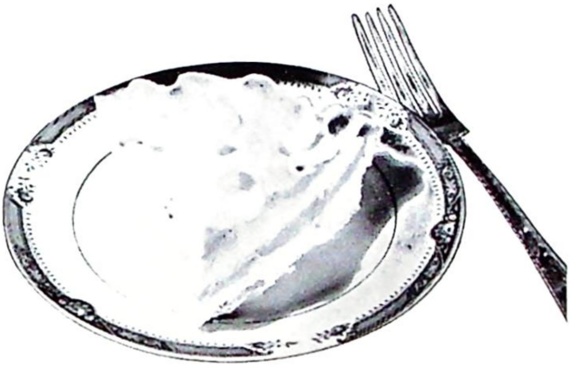
Chocolate peppermint ice cream roll —a "natural" for your freezer.

Cakes, Breads Always on Hand

11 x 14 inches. Use a roll cake recipe. Cool, then chill in your refrigerator. Spread a ¾-inch layer of peppermint ice cream over the cake. Roll like you would a jelly roll. Wrap in Freeztex and freeze.

Pumpkin whipped cream pie. Line a baked pastry shell with a ½-inch layer of vanilla ice cream. Place in freezer while you make the filling. To 1 cup of thawed pumpkin puree add 1¼ cups sugar, ¼ teaspoon nutmeg, ½ teaspoon ginger and ½ teaspoon salt. Fold into 1 cup of whipped cream and pour into the shell.

Place unwrapped pie in your freezer for about 2 hours, or until the filling is firm. Then wrap the pie in a Freeztex Bag and freeze. Take it out of the freezer just before you serve it and add a whipped cream garnish.



Novel ice cream pies. Fill a baked pie shell with homemade ice cream, velva fruit or commercial ice cream and sherbet. Try vanilla ice cream with strawberry or peach velva fruit, lime sherbet or chocolate ice cream. Serve with whipped cream.

Cream puffs filled with ice cream. Pack in Coldspot Pailpacks or Freeztex Bags. Serve frozen with chocolate sauce. Another time fill the cream puffs with pecan crunch ice cream and serve them with butterscotch sauce.

Novelty ice cubes. Fill trays one-third full of water and put a maraschino cherry in each section. Freeze. Fill the trays with cold water and freeze again. Also freeze mint leaves in the cubes.

Muffins and Quick Breads

Bake and wrap in Freeztex or Cellophane. If in cellophane, thaw without unwrapping, in a 300° to 325° F. oven.

Unbaked Yeast Rolls

Let the dough rise. Knead, shape and pack in Coldspot Cartons with cellophane between the layers. You can keep unbaked yeast rolls several weeks in your freezer. When ready to bake, place in pans to thaw and rise until light, 2-3 hours. Follow the baking time and temperature in your regular recipe.

Baked Yeast Rolls

Wrap in bags or in Coldspot Aluminum Foil. To use, thaw without unwrapping in a 325-350° F. oven.

Frozen Prepared Foods Make Tempting

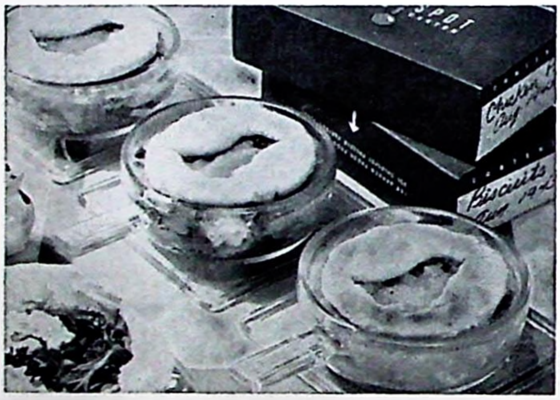
You can freeze many home-cooked foods. At a moment's notice, just heat and serve them to your family and guests. They'll praise your handiwork.

Use your regular recipes. Do remember that highly seasoned foods lose a little flavor in long storage. Add about one-fourth more seasoning, except salt. Label and date all packages. Store foods rich in fat only up to 2 months or even less.

Chicken a la King

When you buy all the things you need to make chicken a la king, you might just as well mix up a big batch. Cool and freeze in meal-size amounts, in Coldspot Pailpacks or Cartons. Defrost in the refrigerator, at room temperature or in a double boiler over warm water. Thin with milk, if needed, and heat.

Chicken Pie



If you want casserole pie, freeze the creamed chicken mixture and biscuits separately — mixture in Coldspot Pailpacks or Cartons; biscuits wrapped in Freeztex. To serve, thaw the chicken and biscuits for one half hour. Put the chicken into a greased casserole and top with biscuits. Bake in a moderate oven until well heated and browned. The time will depend on the amount you have decided to serve.

Or, make two crust pies in Bake-a-Pie Plates. Do not cut openings in the top before you freeze the pies. Overwrap with Freeztex. When you bake the frozen pies, allow about 15 minutes extra for defrosting in the oven over and above your regular time.

Sea Food

You can freeze any dishes such as Sea-Food Supreme or Fish Creole. Package in Coldspot Cartons. Thaw and heat . . . delicious taste treats in a jiffy.

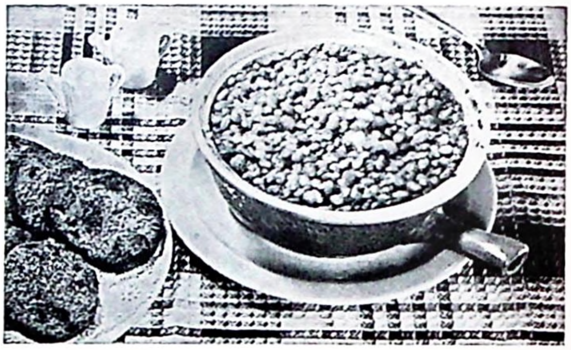
Spaghetti Sauce

Spaghetti sauce is one of those things that takes long slow cooking to taste its best. So as long as you're doing a good job, you might just as well make a kettle-full. Eat what you want; cool and freeze the rest in meal-size lots. Package in Coldspot Cartons or Pailpacks, all ready to serve again.

Barbecue Sauce

You can make your own barbecue sauce in quantity or buy it frozen at some stores. Package in Coldspot Cartons or Pailpacks. Cook the frozen sauce over low heat or in a double boiler. Here's real convenience.

Baked Beans



Use your favorite recipe. Cool, pack in meal-size Coldspot Cartons or Pailpacks and freeze. Thaw baked beans at room temperature or in the oven. Heat and serve with brown bread . . . prepared in no time.

Brown Bread

Bake, wrap in Coldspot Aluminum Foil, label with Coldspot Tape and freeze. Thaw the unopened package at room temperature for about an hour. Heat if you like, and serve the slices with butter.

Vegetable Stew

You can freeze beef, lamb or veal stew. If you plan to store it a while, leave out the salt to prevent "off" flavors. Omit potatoes, too. Freezing makes them grainy and mushy. Cook them separately and add before you serve the stew. Pack the stew in Coldspot Pailpacks or Cartons. Thaw it on the refrigerator shelf, at room temperature, in a moderate oven or in a double boiler. Heat through before serving.

Gravy

Package left-over gravy tightly. Use it within 1 month; "off" flavors may develop after that.

Meals in a Hurry

This and the foregoing page are two of the most important to the busy housewife . . . particularly she who works. For they give you an insight into the many, many short cuts in quick meal preparation that your Coldspot Freezer enables you to make. Try out all these suggestions. In addition, experiment with any or all of your favorite dishes. You'll discover a new and better way of performing irksome household tasks, while the taste-results you experience will surprise and delight you.

Soup

Keep the amount of water low to save room in your freezer. Use a Coldspot Carton or Pailpack that will hold enough soup for one family meal. To serve, start heating the soup while it's still frozen. Thin with hot water to the desired consistency.

Corned Beef Hash

Freeze your own, packing in Coldspot Cartons or Pailpacks, or buy the commercial. You'll find it handy to have on hand. Warm in the oven.

Chili Con Carne

Use your favorite recipe. Cool, package in Coldspot Pailpacks or Cartons, and freeze. You can heat it in a double boiler or over low heat without thawing the chili first. Here's a thriller for last-minute meals.

French Fried Potatoes

Fry in deep fat until light brown. Package in Coldspot Cartons or Pailpacks. When ready to use, empty them into a shallow pan and place in hot oven for about 5 minutes. French fries and steaks in no time!

Candied Sweet Potatoes

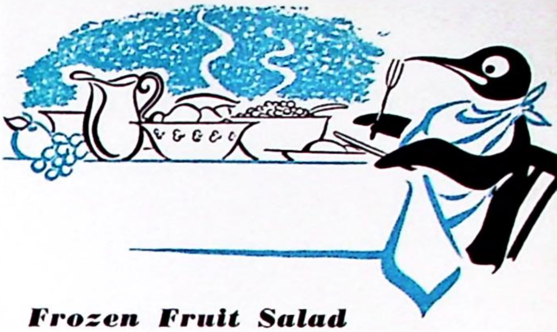
Cool and pack in meal-size Coldspot Cartons or Pailpacks. Thaw and heat in a skillet, a sauce pan or in a double boiler. All ready to eat when you want them.

Baby Foods

If you're making purees or chopped foods for the baby, prepare enough to freeze in small amounts. Package in Coldspot Pailpacks or Cartons. You'll be glad to have it in your freezer on busy days.

Leftovers

Leftovers keep much better in your freezer than anywhere else. And when you bring them out a week or two later, the family will welcome them back.

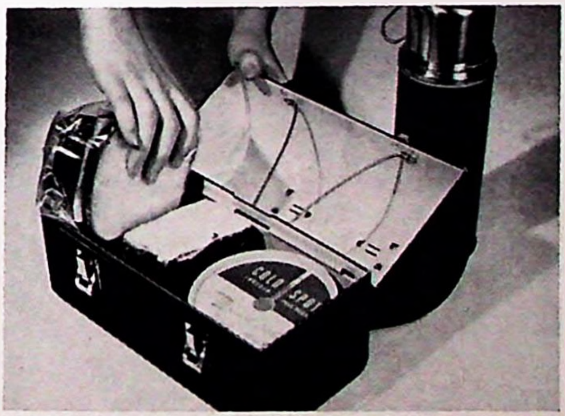


Frozen Fruit Salad

Cut in halves 1 lb. white grapes or 1 No. 2 can Royal Ann cherries. Dice 1 No. 2 can pineapple slices or tidbits. Drain fruit. Add ½ c. nuts and ½ lb. marshmallows, cut in quarters.

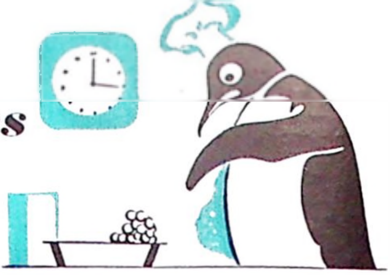
Mix 1 tsp. cornstarch and ½ c. milk. Add 2 beaten eggs. Slowly stir in the juice of 1 lemon. Cook until thick. When cool, whip and add ½ pint cream. Mix in the fruit and freeze in Coldspot Pailpacks.

Lunch Boxes



Make up in regular manner, and freeze meats, peanut butter, cheese or other favorite sandwiches. But omit lettuce and mayonnaise and save egg salad for fresh sandwiches. Freeze cupcakes and cookies in Coldspot Pailpacks, Cartons or Cellophane Bags. Include some frozen fruit in the lunch box. Everything will be thawed by lunch time, the freshest lunches they ever enjoyed.

Preparing Frozen Vegetables for the Table



Blanching partly pre-cooks frozen vegetables. That's why they require only one-third to one-half the cooking time that fresh vegetables need. One of the greatest benefits you will derive from your Coldspot Freezer is the meal preparing time that it saves you.

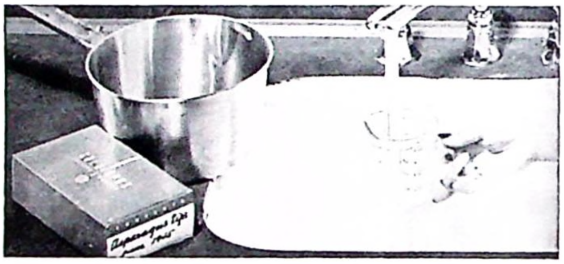
Cooking frozen vegetables is so easy and simple. Merely follow the information given in the chart at right. Vary the amounts of water and cooking times shown as developed by your own experience.

Thawing

Start cooking most vegetables while they're still frozen. You may thaw unopened packages of asparagus and broccoli 1 hour at room temperature or 4 hours in your refrigerator. Then break the stalks apart for more even cooking.

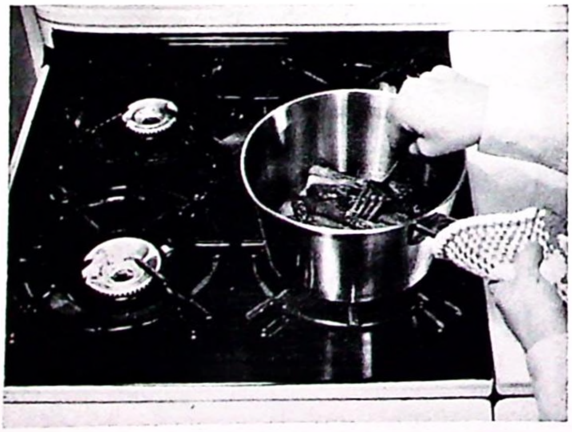
Partial thawing speeds up cooking. Complete thawing causes shriveling, loss of vitamin C and poor flavor. However, you should thaw corn-on-the-cob or else the cob will cool the cooked kernels.

Boiling



1. Measure ½ cup water into a saucepan. When it comes to a boil, drop in the vegetable and place cover over the pan. (See chart for amounts of water.)

2. When the water again boils and the vegetable can loosen with a fork, break up completely and remove cover. Cook for the minutes stated in the accompanying chart, or until tender.



Guide for Cooking Frozen Vegetables

Time and amount of water depend on maturity of the vegetable, size of pieces and kind of pan. Cook only until tender. Avoid overcooking.

	Cups of water per Pint Carton	*Approx. Time after boiling (Min.)*
Artichokes	1	20-30
Asparagus	½	5-10
Beans, Green shell	½	5-10
Beans, lima	1	15-20
Beans, soy	¾	10-12
Beans, snap	¾	12-15
Beets, sliced	¼	Heat through for serving
Broccoli	¾	4-10
Brussels sprouts	¾	3-4
Carrots	½	5-8
Cauliflower	¾	3-6
Corn, cut	½	3-8
Corn-on-cob*	Steam	5-8
Kale	¾	10-15
Kohlrabi	¾	8-10
Mushrooms	Butter (NO water)	10-15 (saute)
Okra	¾	15-20
Parsnips	¾	12-15
Peas, green	½	5-8
Peas, field	1½	30-60
Rhubarb	½	10-12
Rutabaga, turnips	¾	12-15
Spinach	½	3-5
Other greens	½	8-10
Squash, summer	None	8-10 (dbl. boiler)
Sweet potato**	¼	Heat through for serving

* Thaw for about four hours before cooking. May also be steamed.

** May be pureed for pies, warmed in the oven and served candied, mashed, or any other way freshly cooked sweet potato is used.

Steaming Corn on the Cob

To prevent sogginess, steam the thawed corn on the cob for five to eight minutes, depending on the size of the ear, by standing on end in covered kettle containing one-half inch of water.

Salad Ideas

Maize salad. Marinate thawed, cooked corn in French dressing. Drain, add chopped green pepper, pile on lettuce and garnish with pimento.

Salad bowl. Thaw and cook cauliflower, cut green beans and green lima beans. Place in separate piles on a bowl of lettuce. Lay strips of ham between the piles. Serve with mayonnaise.

Macedoine salad. Marinate separately in French dressing thawed cooked vegetables such as peas, carrots and beans. Mix and serve on lettuce.

Preparing Frozen Fruits for the Table

Thawing

To thaw a pint of fruit for serving requires about:
30 minutes in luke warm water,
2-3 hours at room temperature and
5 hours on a refrigerator shelf.
Serve fruit for dessert with a little ice still left in it. Experience will tell you how much.

Pies, Tarts and Cobblers

For a 9-inch pie, thaw a quart of sugar pack fruit in luke warm water. One part sugar to four or five parts fruit is right for pie. Use all the juice. If you froze the fruit without sugar, add the amount the recipe calls for. Drain syrup-packed fruits and then return ⅓ cup of the syrup. No sugar is needed.

Shortcake

Use either sugar or syrup pack strawberries, peaches, apricots, raspberries and blueberries.

Upside Down Cake

Use a tested recipe with peaches, apricots, cherries, cranberries, pineapple and plums.

Appetizers and Fruit Desserts

Combine fruits such as berries, peaches, pineapple and cantaloupe for a fruit cup.

Frosted Drinks

Try thawed frozen pineapple juice with grape velva fruit, orange juice with cranberry velva fruit and grape juice with peach velva fruit.

Velva Fruit

Thaw 3 cups of puree of berries, cantaloupe, cranberries, grapes, peaches, plums or rhubarb. Mix in ¾ - 1 c. sugar, 1 Tbsp. lemon juice (omit for acid fruit) and ⅛ tsp. salt.

Soften 1 Tbsp. unflavored gelatin in ¼ c. cold water. Dissolve over boiling water. Stir the gelatin into the fruit mixture.

Pour into trays and freeze medium firm. Turn into a chilled bowl and beat with an electric mixer or rotary egg beater. Mixture will lighten in color, fluff up and look smooth. Freeze until firm. Velva fruit will keep 2 months or even longer. Experience will tell you.

Salads

You'll really begin to enjoy fully the many conveniences and time saving advantages of your freezer when you use it for storing salad ingredients. Be sure to try the following salads. In addition, you are free to try any of your regular favorites. Merely keep in mind the freezer's limitations as set forth in other parts of this manual. For instance, lettuce and tomatoes do not freeze well. Besides, it is good practice to keep salad dressings out of the freezer.

Pear and cheese salad. Fill partly thawed pear halves with cream cheese, place on lettuce and garnish with partly thawed raspberries. Serve with French dressing. An excellent salad that can be prepared quickly.

Molded salad. Thaw apricots, blueberries and pineapple. Mix with lime gelatin, chill until firm and serve on lettuce with mayonnaise.

Pineapple and grapefruit plate. Place five partly thawed grapefruit sections on lettuce. Circle with pineapple wedges. Top with grated cheese and a red cherry. Serve with French dressing.

Thawing and Preparing Meats

Meats taste alike cooked frozen or thawed. But thawed roasts cook more evenly, shrink less and stay juicier. And you can judge better the cooking time of thawed steaks and ground meats. Thaw meat at room temperature or on the refrigerator shelf. The latter takes longer but meat stays juicier. The meat's size, shape and make-up; thickness of the wrapping and thawing temperature, all make a difference. Cook thawed meat at once; it soon spoils. Allow more time to cook frozen meat. Follow the table below for cooking all meats.

Roasting

A low oven temperature reduces shrinkage. Use a meat thermometer to tell the exact degree of doneness. Make a hole in frozen meat with a metal skewer or ice pick. Put in the thermometer so the bulb rests in the center of the largest muscle, not in fat or on a bone. Try roasts both thawed and frozen — then select your favorite method.

Broiling

Use steaks and chops at least ¾ inch thick and well-marbled with fat. In a preheated broiler put thawed meat on a rack 2-3 inches from the heat. Broil frozen meat farther from the heat. It will thaw without browning too much.

Panbroiling

Cooked thawed meat same as fresh meat. Start frozen meat over low heat to avoid over-browning the outside before the inside cooks.

Braising

Dredge less tender cuts with flour and seasoning and brown. Add a little water, cover and cook over low heat or in a moderate oven until done. Many housewives prefer frozen meats for braising. Choose your own method.

Stewing

Brown the meat. Add water, cover and simmer until tender. Add frozen vegetables for stew. There's little difference making stew from frozen meat, as you will quickly discover.

GUIDE FOR THAWING AND COOKING FROZEN MEATS

Cut	*Approximate Thawing Time*		*Cooking Method*	*Approximate Cooking Time*		*Interior* Temperature*
	Refrigerator	*Room Temp.*		*Thawed*	*Frozen*	
BEEF						
Rolled Rib Roast ...	8-10 hrs. per lb.	2½ hrs. per lb.	Roast at 300°F.			
Rare				28 min. per lb.	53 min. per lb.	140
Medium				32 min. per lb.	57 min. per lb.	160
Well done				40 min. per lb.	65 min. per lb.	170
Chuck	7-8 hrs. per lb.	2-2½ hrs. per lb.	Roast at 300°F.	25-30 min. per lb.	50-55 min. per lb.	150-170
Rump	7-8 hrs. per lb.	2-2½ hrs. per lb.	Braise or Roast at 300°F.	25-30 min. per lb.	50 min. per lb.	
Porterhouse Steak 1 inch thick, medium rare...	8-10 hrs. (total)	3-4 hrs. (total)	Broil	15-20 min. (total)	20-25 min. (total)	
Round Steak—½ in	5-6 hrs. (total)	2-2½ hrs. (total)	Pan-broil	10 min. (total)	15 min. (total)	
Ground Beef — 1 lb. pkg.	18-20 hrs. (total)	4-5 hrs. (total)	Pan-broil			
Patties (separated) ...	5-6 hrs. (total)	1-2 hrs. (total)	Pan-broil	8 min. (total)	16 min. (total)	
Stew Meat — 1 lb. pkg.	18-20 hrs. (total)	4-5 hrs. (total)	Stew	2½-3 hrs. (total)	3-3½ hr. (total)	
PORK						
Loin Roast						
Center cut.......	7-8 hrs. per lb.	2-2½ hrs. per lb.	Roast at 300°F.	30-35 min. per lb.	50-55 min. per lb.	185
Rib or shoulder..	7-8 hrs. per lb.	2-2½ hrs. per lb.		50-55 min. per lb.	70-75 min. per lb.	185
Fresh Ham	7-8 hrs. per lb.	2-2½ hrs. per lb.	Roast at 300°F.	30-35 min. per lb.	50-60 min. per lb.	185
Chops (¾ in.) ...... (separated)	4-5 hrs. (total)	2½-3 hrs. (total)	Pan-broil	30 min. (total)	40 min. (total)	
Sausage — lb. pkg...	18-20 hrs. (total)	4-5 hrs. (total)				
Sausage — Patties ..	6-8 hrs. (total)	1½-2 hrs. (total)	Pan-broil	12-15 min. (total)	18-20 min. (total)	
Bacon (1 lb.)	1½-2 hrs. (total)	½ hr. (total)	Pan-broil	5-6 min. (total)	6-8 min. (total)	
LAMB						
Leg	7-8 hrs. per lb.	2-2½ hrs. per lb.	Roast at 300°F.	30-35 min. per lb.	40-45 min. per lb.	175-180
Rolled Shoulder	8 hrs. per lb.	2½ hrs. per lb.	Roast at 300°F.	40-45 min. per lb.	50-60 min. per lb.	175-180
Shoulder Chops	7-8 hrs. (total)	3-4 hrs. (total)	Braise	15 min. (total)	20 min. (total)	
Other Chops	7-8 hrs. (total)	3-4 hrs. (total)	Broil or Pan-broil	10-15 min.	15-20 min.	
Patties	6-8 hrs. (total)	1½-2 hrs. (total)	Pan-broil	8-10 min.	12-15 min.	
Stew Meat — 1 lb. pkg.	18-20 hrs. (total)	4-5 hrs. (total)	Stew	2 hr.	2½-3 hrs.	
VEAL						
Leg	7-8 hrs. per lb.	2-2½ hrs. per lb.	Roast at 300°F.	25 min. per lb.	50 min. per lb.	170
Loin	7-8 hrs. per lb.	2-2½ hrs. per lb.	Roast at 300°F.	30-35 min. per lb.	55-60 min. per lb.	170
Chops & Cutlets ½-¾ in. thick...	7-8 hrs. (total)	4-5 hrs. (total)	Braise	45-55 min. (total)	55-65 min. (total)	

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* Reading of Meat thermometer when meat is done.

Poultry, Fish, and Dairy Products

Poultry

Thawing and cooking. Thaw poultry before you cook it except for fricassee. Cook thawed birds at once; they spoil faster than fresh ones.

Thawing a 3-pound cut-up chicken takes about 6 hours in the refrigerator, 3 hours at room temperature. A 4-pound roasting chicken thaws in 24 hours in the refrigerator, 5-6 hours at room temperature.

Cook thawed birds same as fresh ones. Unthawed poultry takes longer to cook.

Frying. Separate the pieces so they will thaw quickly. Dredge with flour, salt and pepper. Heat enough fat in a heavy skillet for a layer ½ inch deep. First brown the meaty pieces, then the more bony ones. Cover and cook slowly until tender.

Broiling. Separate halves of broilers to speed thawing. Wipe thawed chicken dry and brush with melted fat. Lay skin side down on a greased broiler rack with top of chicken 4 inches from the heat. Turn every 10 minutes and brush with fat. Cook until tender, 40-60 minutes, depending on the size of the bird. You can continue to cook the chicken 10 minutes after you turn off the broiler. Season and serve.

Roasting. Thaw the bird, rub the cavity with salt and stuff with dressing. Tie the legs together and to the tail. Brush with melted fat and place breast down on a rack in a shallow pan. Roast in a moderate oven. Baste with drippings from the bottom of the pan every 30 minutes. Do not add water or cover the pan.

TIME TABLE

Oven Weight		*Oven Temperature*	*Approximate Roasting Time for Thawed Bird*
Chicken	3½ - 4 lb.	350°	2 to 2¾ hrs.
	4 - 5 lb.	325°	2½ to 3 hrs.
	5 - 6 lb.	325°	3 to 3½ hrs.
Turkey	8 - 14 lb.	325°	3½ to 4 hrs.
	14 - 18 lb.	300°	4 to 5 hrs.

Fricassee. Separate the pieces, dredge them with flour, salt and pepper. Brown in a small amount of fat, then put into a buttered casserole. Add hot milk or light cream and cover. Bake at 300-325° F. for 1-3 hours, depending on the size of the bird.

Thawing and Cooking Fish

Thaw the unopened package in the refrigerator to avoid loss of liquid. Allow 8-10 hours per pound. If you're in a hurry, cook fish frozen or partly thawed, but allow more time.

Cook thawed fish at once; it spoils easily. Prepare same as fresh fish — broiled, baked, panfried, deep fat fried or steamed.

Eggs

Thawing. Thaw eggs on the refrigerator shelf, at room temperature or by putting the package in cool water. Use promptly.

Whole eggs. Use like fresh eggs, but allow for the sweetening or salt you have added (see page 25). Allow 2½ tablespoons for each whole egg in a recipe.

Egg whites. Use thawed egg whites like fresh ones. Add 1½ tablespoons for each white in a recipe. Frozen egg whites make just as good, if not better, angel cakes and meringues as do fresh whites.

Egg yolks. Use same as fresh yolks, but allow for the sweetening or salt you added (see page 25). One tablespoon of thawed yolk equals one fresh yolk.

Dairy Products

Thaw butter, cream and cheese at room temperature or in the refrigerator. Use like fresh products. Leave some ice in the cream for easier, faster whipping.

JULY: Freshly picked from the home garden, Mother speeds the corn-on-cob into her freezer.

AUGUST: Fruits, berries at ripe maturity, she prepares, freezes her delicious salad.

SEPTEMBER: Now for the golden sweet potatoes, candied in thick, rich syrup, packaged and frozen

OCTOBER: In goes the holiday bird, completely stuffed, ready to pop into the oven.

NOVEMBER: The mince pies are frozen, either ready for baking or fully baked, as Mother prefers.

Menu

ROAST TURKEY AND DRESSING
GIBLET GRAVY
CRANBERRY SAUCE
GLAZED SWEET POTATOES
CORN-ON-THE-COB
FROZEN FRUIT SALAD
BUTTERHORN ROLLS
MINCE PIE
COFFEE

Now Mother may join in the Christmas Morning Fun

Thanks to her Coldspot Freezer, Mother is no longer shackled to the kitchen while the rest of the family enjoys Christmas fun. The day-long labor of preparing holiday feasts — long taken for granted as woman's lot in life — is now a thing of the past. Mother can have any holiday meal prepared months in advance, by simple, easy tasks spaced out over the year as suggested by the typical schedule at the left. On Christmas morning — with Christmas dinner stored away in her Coldspot Freezer, all ready to cook and serve — a worry-free Mother can join wholeheartedly in the gay celebration around the tree.

DECEMBER: The final task. Light-as-a-feather butterhorn rolls prepared and frozen, either ready-baked or as dough.

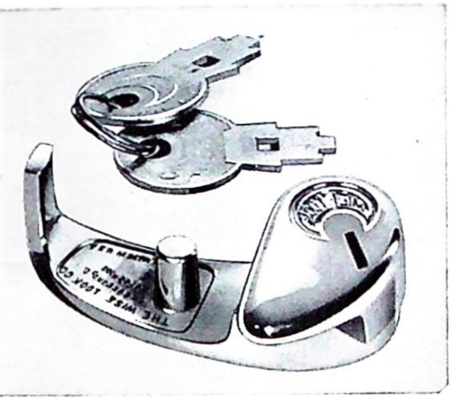
ACCESSORIES

to add convenience

. . . save time and labor

FREEZER ALARM BELL

Installed on your freezer, it provides positive warning when temperature at outside of inner lining reaches 16 degrees fahrenheit; gives notice of power failure, blown fuses, accidental disconnection of electrical cord or mechanical failure. Operated by dry cell battery, bell rings continuously until trouble has been ended. Should be installed on all freezers where temperature is not checked daily.

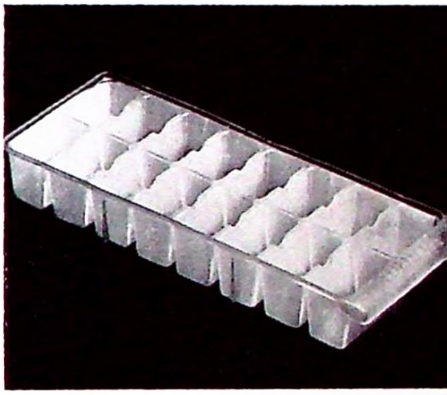


LOCK FOR COLDSPOT FREEZERS

Provides protection for the valuable foods in your Coldspot Freezer. Of 2-piece construction, all brass, chrome plated, designed to conform to the style of the freezer. The hardened alloy steel bolt is also chrome plated and of burglar proof construction. Comes with 2 keys.

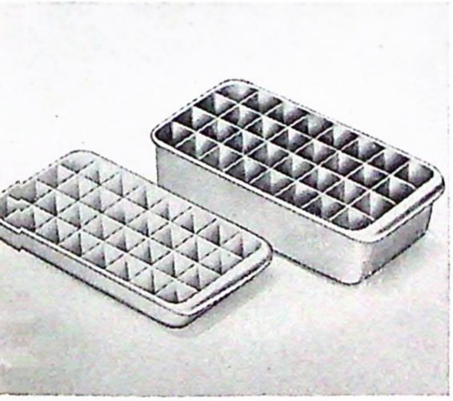
FROST SCRAPER

Used with all freezers. Rust-resistant. Has cup to catch frost as it is removed from freezer walls. Scraping blade is stainless steel, sharpened . . . finger grip handle. For most economical operation of your freezer, frost accumulations should be removed every 60 days.



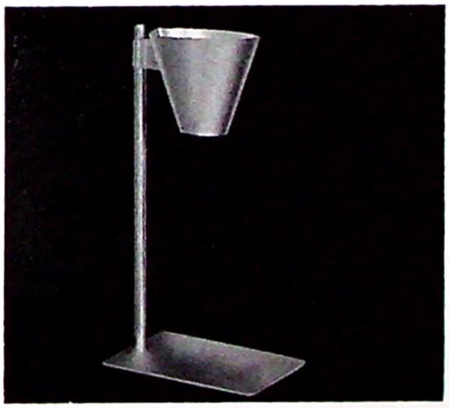
ALL-PLASTIC ICE CUBE TRAYS

Make 16 large cubes. Easiest of all to remove ice cubes . . . merely twist to pop out the number of cubes desired at any time . . . no need to run water over tray to loosen. Acid and stain resistant. Do not accumulate frost in freezing compartment. Easy to keep clean, sanitary and sweet.



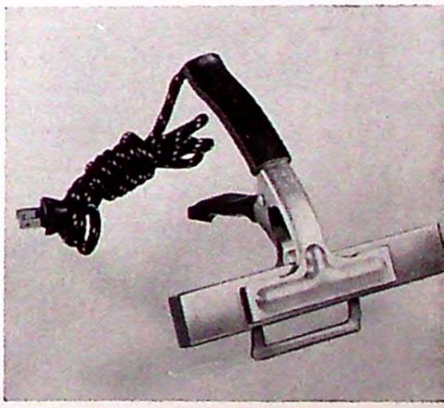
ALUMINUM ICE CUBE TRAYS

Provide extra ice cubes for parties, and when blanching vegetables. Made of light weight drawn aluminum with aluminum grid sections for ice cubes . . . single tray makes 32 cubes; double tray makes 64 as shown. Double tray has center separator. Both trays have rolled end flange to provide convenient hand hold when removing.



COLDSPOT CARTON FILLER

Speeds the work of filling Coldspot and other food cartons . . . keeps moisture and syrup from coming in contact with bag edges, so that sealing is made easier and more effective. Made of lightweight aluminum, durable and long lasting. Height adjustable to any size carton . . . large to take peach and pear halves. Funnel extends into bag.

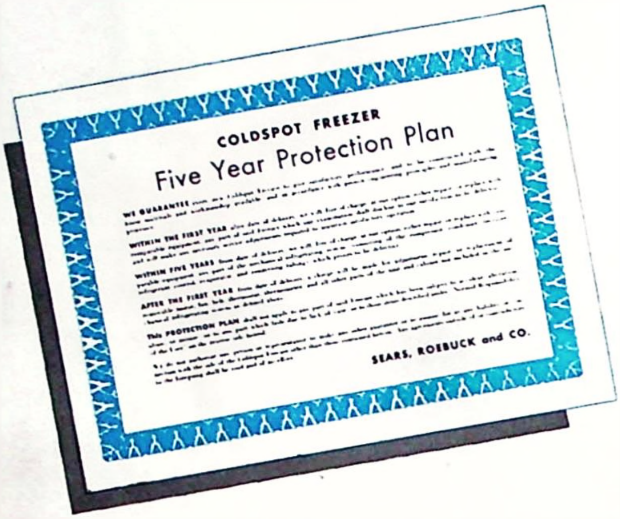


COLDSPOT SEALER

Seal bags and wrappings faster, easier and more effectively with this new electric bag sealer. Pressed steel construction protected with rust resisting cadmium plated finish. Weighs only 14 ounces. Has a convenient table rest so that table cannot be marred or charred. Will not tip over Will not overheat. Provides string tension for positive, uniform seal.

ALL THESE ACCESSORIES CAN BE OBTAINED IN SEARS STORES AND IN GENERAL CATALOG

Guarantee and 5-year protection plan . .



COLDSPOT FREEZER
Five Year Protection Plan

SEARS, ROEBUCK and CO.

Sears fully guarantees the quality of materials, construction and workmanship of your Coldspot freezer. The famous Coldspot 5-Year Protection Plan also backs your freezer. Under this plan over 5,000,000 Coldspot refrigerators and freezers are giving their owners continuous, dependable, satisfactory performance. Read over your copy of this plan to learn its provisions. Then file it away in a safe, handy place.

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Dependable Service . . Nation-wide

Sears maintains a competent, fully equipped and manned Coldspot service organization. It operates under one National headquarters, with one central service policy and plan.

Coldspot servicemen are ready to give prompt and efficient service on your freezer at any time. All Coldspot servicemen receive the same training. It follows principles carefully worked out by Sears.

Sears service to Coldspot Freezer owners covers all parts of the country. If you move, you'll find a Sears Coldspot service organization near your new home. It will give the same prompt, dependable, permanent service you now enjoy. No Coldspot Freezer can become an "orphan". Jot down the telephone number of your local Coldspot service organization in the space below. Then you can look it up in a minute.

COLDSPOT FREEZER SERVICE

Address ______________________

Phone ______________________

Keep a supply of broilers on hand in your freezer . . or roasting birds for the holidays . . or the surplus from your hunting and fishing trips.

Fowl

Pot Roast
3 lb
Feb 1950
Hamburger
Aug 1949
Peaches
Sept 1949

EASY FOOD STORAGE CONTROL

COLDSPOT
freezers

Easy to Store Foods
Easy to Find Foods
Easy to Remove Foods